

Nasal Sinus Rinse Recipes

Recipe #1 (Similar to Xlear Nasal Spray) :

1 cup of water (8 ounces) (Filtered Water)
1/2 tsp salt
1/2 tsp of xylitol crystals
1/2 tsp baking soda
4 drops of grapefruit seed extract (optional for infection)

Recipe #2:

1 cup of water (8 ounces) (Filtered Water)
1/2 tsp salt
1/2 tsp of xylitol crystals
1/2 tsp baking soda
1/2 tsp colloidal silver (optional for infection)

Recipe #3 (Allergies):

1 cup of water (8 ounces) (Filtered Water)
1/2 tsp salt
1/2 tsp of xylitol crystals
1/2 tsp baking soda
6 drops of black seed oil

Recipe #4:

1 cup of water (8 ounces) (Filtered Water)
1/2 tsp salt
1/2 tsp of xylitol crystals
1/2 tsp baking soda
1/2 tsp apple cider vinegar

Consider adding one drop of any of the following essential oils frankincense, rosemary and eucalyptus, peppermint, or oregano