

Homemade Hypertonic Saline Solution



New research shows daily saline gargle and nasal rinse reduces transfer of viruses by 25%. Listed below is Dr. Craig Denham's recipe for this solution that will support your health!

Ingredients:

Boiled Water	4 cups; at a rolling boil for 3 minutes to purify
Sea Salt	2 tbs; or table salt (non-iodized salt preferred but not critical)

Directions:

- Wash hands thoroughly
- Choose a clean container/flask
- Add the salt. Pour the freshly boiled water into the container and mix thoroughly until salt completely dissolves
- Close the container with an airtight lid and store in the refrigerator

Isotonic Nasal Saline Recipe

Yan Bai



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