

DIY Sinus Rinse Solution



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DIY Nasal rinse for bottle or neti pot. A sinus or nasal rinse is just a saline solution, which is salt and water. To make your own sinus rinse all you need is 1/4 tsp. of salt mixed with 8 oz. of warm water. A lot of people add 1/4 tsp. baking soda to help sooth your swollen nasal passages, but it is not necessary.

Nasal Saline Rinse Recipe

Yijin Wang



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