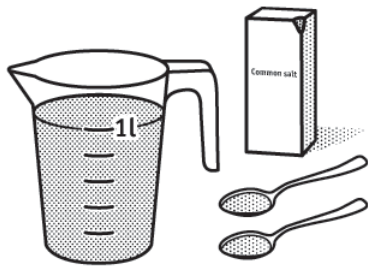


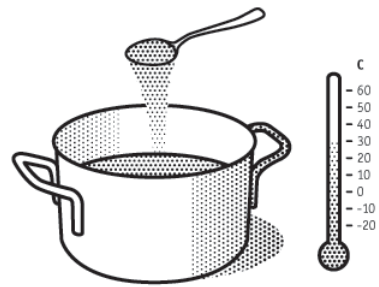
## ► Nasal rinsing



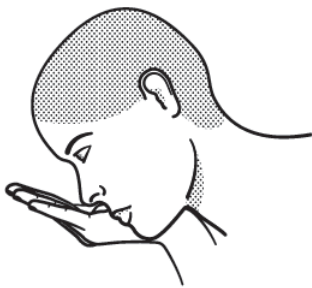
**1** Take one liter of tap water. You also require two level teaspoons of simple common salt or sea salt for the correct mixing ratio.



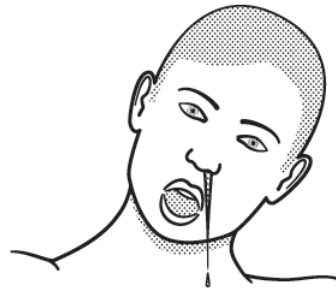
**2** Pour the water in a saucepan and bring it to a boil.



**3** Add two level teaspoons of salt. Dissolve the salt completely by stirring and leave this rinsing solution to cool down for a few minutes to approx. 37°C.



**4** Wash your hands thoroughly. Take the rinsing solution in the hollow of your hand and inhale it through a nostril.



**5** Incline your head to the side and let the rinsing solution flow out of the nose over the wash basin. It is important to keep the mouth as open as possible while doing this so that the salt water does not reach the pharynx.



**6** A nose shower is an alternative to nasal rinsing using the hollow of your hand. If you use this device that is easily available at every pharmacy, you must first fill it with the common salt solution prepared.



**7** Place the nosepiece in one nostril with the head tilted to one side and with your mouth open. Nose showers usually have a stop mechanism, which must be opened first. Subsequently, the rinsing solution flows around the nasal septum on its own and flows out from the free nostril.

### What are the effects of nasal rinsing and nose shower?

In case of symptoms of the common cold such as catarrh or nasal sinusitis, the nasal mucous membrane usually forms a viscous secretion, which blocks the nose and makes breathing difficult. The idea behind the nasal rinsing or a nasal shower is that the common salt solution liquefies the mucus to drain it in a better way. Besides this, the pathogenic agents can be carried outside by the effect of rinsing. Whether these effects actually relieve the symptoms and accelerate the healing process, is not clearly proven scientifically.

But several patients suffering from common cold feel better with this method. This home remedy must be used maximum once a week so as not to damage the sensitive mucous membrane of the nose. In case of severely inflamed and infected paranasal sinuses, nasal rinsing should not be done as due to the pronounced swelling of the mucous membranes there, the common salt solution may not be drained properly.

**This process is not suitable for children.**