

## Nasopharynx rinse

### Ingredients:

- ✓ ¼ cup filled with warm water
- ✓ A pinch of sea salt
- ✓ 15 drops of Echinacea\*
- ✓ 15 drops of goldenseal\*

\* Usually the extract of Goldenseal and Echinacea comes in an alcohol solution. Try to find those who come in a glycerin solution. These herbs can be replaced with Tea Tree essential oil (5 drops)

### Instructions:

With a clean dropper, insert 2 droppers full of this mixture into the nostril while the head is kept up. The solution should run through the nasal cavity and go out to the mouth. In this way the entire nasopharynx is washed.

I recommend that you do this twice a day.

Have fun!

Yamin