



ASPEN **INTEGRATIVE**
MEDICINE

Nasal Cleanse

Fill sink full of warm water.

Add salt (Morton's salt is ok) until it collects on the bottom and saturates water.

Add 3 capfuls of peroxide.

Add 3 drops of tea tree oil.

Stick face with closed eyes into the water and inhale into upper nose and hold for 10 to 20 seconds, then release.

Repeat 4 more times, then blow nose.

Do this cleanse 3 times per day until better. Lots of garlic and a low sugar, low fruit, low carbohydrate diet, steamed vegetables and chicken broth will also help.