
Module 50 – Pillar 2: Personal Care

Gargling and Snorting



You're inhaling as much as 2.5 TBSP of irritants every single day. This includes unnatural items like car exhaust and perfumes and natural offenders like pollen, animal dander, mold mildew, fungus & dust.

No, you're not going to snort anything more controversial than salt water with a drop of tea tree oil. OK, how about if I call it "nasal rinsing" instead of snorting?

But, now that I have your attention...

In 1999, when I first learned of a study at the Mayo Clinic showing that 97% of sinus infections are associated with fungus, I became very interested in nasal rinsing. That study was supported by Dr. D.P. Dennis in 2003 who noted that fungus in the environment can lead to chronic sinusitis.

I remember one particular patient, many years ago who was dead set against antibiotics. Truth be told, so was I. But she had a severe sinus infection and a history of chronic sinus problems for many years. She was past the stage where natural remedies would work.

I explained to her that the sinuses have very little blood supply. They are empty cavities in our face bones lined by mucus membranes. The hollowed out bones make your head less heavy. Remember in Module 44, *Sensuous Stretching*, I told you that your head weighs as much as a bowling ball. Well, without sinus cavities, your head would be even heavier.

Lining the sinus cavities is a thin mucus membrane that doesn't have much blood circulation. So if your sinuses are infected, you need to take a strong dose of antibiotics. And it needs to be taken for more than just one week. In my patient's case, the antibiotics along with the neti pot, a yeast free diet and probiotics did the trick. I still keep in touch with her and in 25 years she has never had a recurrence.

But, what I want to tell you here, in *Future Health Now!* is not how to treat disease but to prevent problems from occurring in the first place (my *Future Health Now Encyclopedia* is your treatment handbook). Here, I'm most interested in helping you stay healthy with detailed descriptions of all the tips and techniques that I've developed over the past four decades. And one of the most important is keeping your nose, sinuses and throat – where your tonsils reside – free of disease.

**Inside This Week's
Future Health Now!
Module...**

Mayo Clinic findings...	page 1
The nose knows...	page 2
Can we do too much nasal lavage...	page 2
Nasal lubrication revisited...	page 2
Nasal lavage benefits...	page 3
The neti pot...	page 4
Nasal lavage recipes...	page 4
How to use the neti pot...	page 5
Throat gargling...	page 5
Six gargle recipes...	Page 5
Calling on cloves ...	Page 7
How to make it happen...	Page 7
What's coming next week...	Page 8

The Nose Knows

You're inhaling as much as two and half tablespoons of irritants every single day. This includes unnatural items like car exhaust and perfumes to natural offenders like pollen, animal dander, mold, mildew, fungus and dust. Winds blow and dirt, dust, pollen and mold spores fly through the air. They settle everywhere – including our nasal passages. Any foreign material can irritate the delicate nerve endings.

My job is to help you create a routine you can follow to prevent problems from occurring in your nose and throat. Why is this so important? Your nose and mouth are the entryway for infectious organisms. And nasal irritation may lead to head colds, sinus infections and become lung infections. Infectious organisms find it easier to get into your body through dry, irritated and cracked nasal passages. We do have nasal hairs that trap some of this debris and we do sneeze it out and blow it out, but nasal lubrication (Module 3) and nasal rinsing take you one step further.

By sniffing oil and using the right techniques for cleaning your nasal passages and sinuses you help prevent these "nasties" from creating congestion in the first place. Nasal oil also works as a barrier between your nasal passage and unwanted viruses.

Nasal Lubrication

You've already been introduced to *Nasal Lubrication* with sesame oil in Module 3. Many people love this technique and are still using it. But for those of you who've forgotten, here is a reminder of its importance. Especially in dry climates, which includes the heat of Arizona summers or the cold winters in the north. When the humidity drops with the furnace on, your nasal and sinus membranes dry up. Just monitor how dry your hands get in the winter. The same is happening to your sinuses.

Even here in Maui, in spite of being surrounded by the ocean, it's not that humid, so I put sesame oil in my nose every night. But I don't actually snort it.

1. I wash my hands well.
2. Put two drops of oil from a dropper bottle into my palm.
3. Dip my little finger in the oil. (Note: this is the only time when it's "legal" to stick your fingers in your nose!)
4. Apply the oil to the inside of my nostrils and sniff while I'm doing it.

If you are doing your nasal lubrication every day, you may not need nasal rinsing at all. However if you do practice nasal rinsing remember that saline water can be a bit drying to your nasal membranes. Especially if you find you have to do it several times a day to get on top of your congestion. So, you can prevent that from happening by applying sesame oil regularly.

Other Oils You Can Use: Olive oil and Vitamin E oil can also be used to lubricate the nostrils.

Nasal Rinsing

The benefits of nasal rinsing are age old. In fact, the earliest writings about this hygiene method are found in ancient Indian texts called the Vedas. And the oral tradition of passing on the Vedas occurred for centuries before writing began.

I guess we've always had things getting up our nose and the solution hasn't changed much over the years. Some people simply sniff saline water from the palm of their hand. But the more common way is to use a neti pot. More on the neti pot later.

The Benefits

Nasal rinsing can be a life-saver. It can be used to relieve a long list of conditions and symptoms. I just wrote about *Bedtime Remedies* in Module 48 and would add nasal rinsing to that list.

(Mouth breathing due to clogged nasal passages causes snoring, which can interrupt your sleep.) many people have some of the following symptoms and think it's normal. Again, I'm not trying to treat illnesses but help you find ways of feeling better.

- Allergy symptoms
- Avoiding antibiotics
- Avoiding nasal decongestants
- Avoiding antihistamines
- Avoiding inhaled steroids
- Avoiding oral steroids
- Chronic sinusitis
- Congestion due to colds
- Cough-acute or chronic
- Eustacian tubes blocked
- Hayfever
- Mouth breathing
- Nasal discharge
- Nasal dryness and cracking
- Nasal crusting and nose picking
- Nosebleeds
- Post nasal drip
- Sinus headaches
- Sinus facial pain
- Sleep apnea
- Snoring
- Teeth pain from sinusitis

The Neti Pot

If you don't want to use the palm of your hand to rinse your nasal passages then purchase a neti pot. It looks like an Aladdin's Lamp. A small teapot with a long spout. Yes, the tip of the spout ends up in your nostril. First one nostril, then the other.

The volume of most pots is 10 ounces. When you make your solution you can make a pint, which is 16 ounces in case you want to flush your sinuses twice. Ceramic is the most common neti pot sold in health food stores. You can also find ones that are glass, plastic or metal.

Nasal Rinsing Recipes

Isotonic saline (salt water that is about as salty as your body fluids)

1 level teaspoon salt-use fine sea salt so it dissolves completely

1 pint of water (filtered water, bottled, or distilled (to make sure there is no chlorine or fluoride in your rinse.)

Warm the water and add salt. Use when warm not hot.

Variation: Add 1 teaspoon baking soda (not baking powder). It's sodium bicarbonate and it helps dissolve mucus.

Variation: Add 1 drop of tea tree oil or oregano oil for an antifungal, antiviral, and antibacterial action.

Making Quantities: Boil 1 quart of water and use two teaspoons of salt and baking soda. Mix and store in a glass jar in the fridge. Use within one week. Discard if cloudy. Reheat when you're ready to use it.

How to Use the Neti Pot

1. Make your favorite recipe. Lean forward and turn your head to one side over the sink. Keep your forehead about level with your chin.
2. Insert the tip of spout in the upper nostril so there is no leaking.
3. Using gravity, elevate the neti pot allowing the saline to flow through the upper nostril and then naturally come out the lower one. Don't forget to breathe...through your mouth.
4. Use half the pot and switch sides. You can keep a finger in the pot to determine how much solution is left. Or you can use a full pot on each side, which uses up your pint of saline water.
5. Blow your nose gently to eliminate any remaining solution and clear mucus.

When to Use the Neti Pot

I don't want people to become dependent on the neti pot. It can be drying to the nasal membranes if used too much. Daily oil in the nasal passages is allowed but not daily saline rinsing. However, you may be learning about the neti pot for the first time with this module. And, if you have nasal congestion, you might want to use it daily for a week to see if it makes a difference in your symptoms.

You've already become aware of other causes of nasal congestion in previous modules. So, I'll just remind you to review the modules on *The Dairy Dichotomy* #13, *Yeast Free Eating* # 36, *Carpets* #41 and *Wheat Withdrawal* # 47. These foods and the dust in your carpet could be irritating your nasal membranes. And when addressed, you might not even need your neti pot.

I haven't used my neti pot at all since I moved to Maui but I did bring it with me. Then in the middle of writing this module a great wind began to blow down from Mount Haleakala and my nose started running. I guess it was all the dust and pollens. So I did a nasal rinse before a radio show this morning to clear my nostrils. It did the trick. I don't know what else could have given me such relief – since I don't like to take medications.

Throat Gargle Recipes

What to Avoid

Avoid antiseptic throat gargles. The most popular antiseptic throat gargle, Listerine, calls itself a safe and effective antiplaque and antigingivitis remedy. With FDA approval. In a 16.7 oz bottle the total active ingredients are 4.3% (0.71) ounces and the inactive ingredients including 21.6% alcohol, make up the other 16 ounces!

Yes, it's an alcoholic beverage! Most doctors think that the alcohol is really what's killing the germs! At 21.6% in the flavored product and 26.9% in the original, that's over 50 proof alcohol, which will kill most anything!

Warning: The Listerine Pocketpaks contain aspartame.

Instead of a mouthful of chemicals and an alcoholic brew, that you can't drink, you can make your own gargle. You can make it salty and alkaline, acidic or spicy. You can also choose from some common herbs for your gargling pleasure.

Saline Gargle

Hypertonic saline is salt water that is saltier than your body fluids). The second ingredient is baking soda. As I noted in the nasal rinse recipe, alkaline baking soda helps cut through mucus. And shifting the pH in the mouth and throat can kill off organisms that require a certain environment.

2 teaspoons of fine powdered sea salt

1 teaspoon of baking soda

1 pint of water

Directions: In the morning take a mouthful, gargle and spit. Do this 2-3 times.

Keep a jar in your fridge. While making breakfast, you can pour out 2-3 ounces and let it come to room temperature. Then after breakfast and before you brush your teeth, your room temperature gargle will be ready.

Apple Cider Vinegar Gargle

This acidic gargle can chase off organisms that don't like an acid pH. You can increase or decrease the amount of vinegar to suit your taste.

1 tablespoon organic apple cider vinegar

4 ounces of water

Directions: In the morning take a mouthful and gargle-spit it out. Do this 2-3 times. If you wish to use apple cider vinegar as a digestive aid, you can drink the remaining 2 ounces.

Lemon Juice Gargle

This is another acidic gargle can be soothing and effective. You can increase or decrease the amount of lemon juice to suit your taste.

2 tablespoons fresh squeezed lemon juice

½ cup of water

Directions: In the morning take a mouthful and gargle-spit it out. Do this 2-3 times. If you wish to use lemon juice as support for your liver, you can drink the remaining 2 ounces.

Sage Gargle

Salvia officinalis, you may know this herb from your turkey stuffing days. But it's more than just for the birds. It's been around for centuries. Time-tested, no side effects, inexpensive and it works. It has three oils that you may have used for respiratory conditions in the past - thujone, camphor, and eucalyptol.

Directions: Add 2 teaspoons dried or fresh sage to 1 cup boiling water, steep 15 min. Strain. In the morning take a mouthful and gargle-spit it out. Do this 2-3 times. If you wish to use sage tea as support for your lungs, you can drink the remaining tea.

Variation: Use 1 part sage tincture to 5 parts hot water.

Slippery Elm Bark Gargle

This herb contains its own form of gel that coats the throat in a way that can protect your throat.

Directions Add 1 teaspoon slippery elm bark powder to 1 cup boiling water and steep 10-15 minutes. Strain. In the morning take a mouthful and gargle-spit it out. Do this 2-3 times. If you wish to use slippery elm as support for your lungs, you can drink the remaining tea.

Marshmallow Root Gargle

This herb also creates a gel-like substance that coats the throat.

Directions: Add 1 teaspoon marshmallow root powder to 1 cup boiling water and steep 10-15 min Strain. In the morning take a mouthful and gargle-spit it out. Do this 2-3 times. You can drink the remaining tea to support your lungs.

Variation: Add 1 teaspoon of fresh ginger root or ½ teaspoon of ginger powder.

Calling on Cloves

Garlic Cloves

It may seem counterintuitive to suck on a clove of garlic when we're talking about breath fresheners! But, I'm also speaking about gargles to prevent infection. Whenever I've gotten a scratchy throat or there are lots of colds going around, I've found that sucking on a clove of garlic prevents any germs from settling in my throat.

Cloves

As a breath mint and antiseptic I've use cloves for decades. One of my kid patients told me I smelled like Christmas! They helped me stay healthy during my 13 years in general practice, never missing a day.

Make It Happen

Nasal Care

1. Continue nasal lubrication with sesame oil.
2. Add neti pot treatments only if you have nasal congestion. Continue for 1 week, by which time you should have benefited. If not, then research *The Dairy Dichotomy* #13, *Yeast Free Eating* #36, *Carpets* #41 and *Wheat Withdrawal* #47.
3. Use the neti pot for short periods of a week or so if you have a cold or hayfever.

Throat Care

4. Choose one of the throat gargles I offer and do it on a daily, or 5 times a week. You have several choices, which you can rotate. Use a different one every week or choose your favorite. People who have a history of smoking or lived in smoke-filled environments might favor slippery elm bark or marshmallow bark. People with digestive problems can use apple cider vinegar. And if you want to gently detox your liver, use the lemon juice gargle and drink.
5. Buy a bottle of organic whole cloves and use them as a breath freshener. Just gently suck on the clove. Don't chew on it. Just let it sit in your mouth until it's mascerated, then you can either swallow it with water or spit it out. It's a great anti-parasitic herb.

Next Week...

Next week I'll be tackling *Fermented Dairy* in Module 51 as we swing back to Pillar One: *Vitalizing Foods*. Yes, deliberately infecting dairy with bacteria is the topic. Sorry, but that's what's happening. Only the bacteria are the beneficial kind and can do a lot to eliminate the bad bacteria and yeast from your body.

Fermented dairy should really have another name. Because it's pretty much lactose free, so it can be eaten by people who have lactose intolerance and think they have to avoid dairy.

Until next week...

Thanks so much for staying with me and sticking with your program. By creating this foundation of information and putting it into practice you are ensuring a healthier future. As always, I look forward to your feedback.



References:

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