

NEEDED ITEMS:

- BoomBoom Nasal Inhaler
- Xlear Sinus Rinse Bottle (or Neti Pot)
- Xlear Sinus Rinse Packet
- Distilled Water (only)
- Xlear Nasal Spray
- Ponaris Nasal Drops

Purpose: To help augment the ability to breathe well through the nose by minimizing inflammation, keeping a moist environment, and reducing bacterial, viral, and fungal levels. This helps maintain nasal breathing. This can also help reduce the incidence of colds and respiratory illness.

Frequency: Optimally twice daily.

How long: For life!

Directions:

Step 1: BoomBoom. Place inhaler right at the tip of the nose. Inhale 1-2 times for each nostril.

Step 2: Cleaning the nose and sinuses.

- Products needed: Xlear Sinus Rinse Bottle (or Neti Pot), Xlear Sinus Rinse Packets, Distilled Water
- First time use of the bottle/Neti Pot, wash with warm soapy water.
- Wash hands.
- Place 1 packet in bottle, fill with distilled water to the etched line. Shake vigorously to dissolve powder (place finger over hole first).
- Stand over sink, lean head slightly forward, place dispensing end in one nostril. Hold bottle such that it is horizontal (perpendicular to the face); the nasal passages run horizontally. Breathe through your mouth slowly as you gently squeeze the bottle. The water will come out through the other nostril. Continue to squeeze until about half of the liquid is remaining. Switch to the other nostril and repeat.
- You can gently blow your nose to get any remaining liquid out.

Step 3: Clear Nasal Spray. Again hold bottle horizontal. Squirt 1-2 pumps of spray into each nostril. Clean the nozzle after each use and replace the cap.

Step 4: Ponaris Nasal Emollient. Tilt head back. Place 1-2 drops in each nostril. Empty contents from dropper bulb into bottle and seal tightly.

****Caution - use only if 5 years of age or older; not advised for pregnant women.**

Extras:

- You can start slow and then incorporate all of the steps. The key steps to start with are Step 2 and 3.
- BoomBoom can be used all through the day. Xlear Nasal Spray can also be used throughout the day to keep nasal passages hydrated.