



HOW TO FLUSH YOUR NOSE AND MOUTH TO KILL INFECTIONS!

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Our Grandmothers knew that preventing viruses and bacteria from leading to serious lung infections started with simple tools like flushing your nose, mouth and throat with salt water, dilute iodine solution diluted hydrogen peroxide solution. Viruses and bacteria enter your body through your nose and mouth, begin to multiply and live in these areas at the beginning a respiratory infection. Flushing the nose, mouth, and throat with these solutions to “kill” the bad organisms reduces the viral and bacterial count in your body. That in turn helps stop the spread to your lungs. This is a preventive step to help improve breathing, and when added to other medicines, helps keep you from getting so sick that you end up in the hospital.

FLUSHING YOUR NOSE:

This can be done using neti pot, a bulb syringe, or a small squeeze bottle. Here is what they look like:



NETI Pot



Bulb Syringe



Nasal Flush Bottle

Each of these pushes fluid through your nasal passages and sinuses with a mild pressure. The excess fluid drains away from the nose, either draining into your throat or as you blow your nose. Saline solution (“salt water”) alone is usually used just for flushing but is not as good at killing the viruses and bacteria. To actually kill the viruses and bacteria, you can also use a dilute povidone iodine solution or dilute hydrogen peroxide solution which will kill viruses and bacteria on contact. You can make a saline solution at home, or you can buy the saline solution (called normal saline, or *Oceans* nasal spray) at the local pharmacy. During times of having a lot of nasal congestion or post-nasal drip, a stronger saline solution, called *hypertonic saline*, can be used to help thin the secretions and allow your body to clear them more effectively.

SAFETY: An important part of using these devices safely and reducing the risk of infection is to:

1) Never force the flushing device too far into the nose

2) Ensure that you are not using water from your tap. You can use boiled or purchase distilled water.

Important Reminder: always clean your device with warm soapy water and store in a clean location between use.

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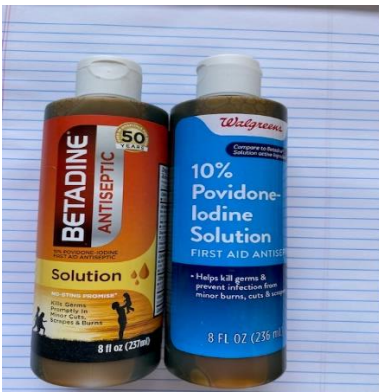


RECIPES FOR FLUSHING SOLUTIONS:

WARNING: If you are pregnant, allergic to iodine, have thyroid dysfunction, or are undergoing radioactive iodine treatments, iodine solution SHOULD NOT be used! Other options include dilute hydrogen peroxide or Listerine as a rinse/ gargle and normal saline or dilute hydrogen peroxide for a nasal spray.

Povidone Iodine Dilute Solution - The Simple Way:

- 3 oz purchased bottle of *Saline Nasal Spray* (*Oceans*, or any brand or generic will do)
- Add 1 teaspoon 10% Betadine or generic 10% Povidone Iodine solution



Hydrogen Peroxide ORAL Solution:

- 1 oz bottled or boiled water
- 3 tsp 3% hydrogen peroxide
- pinch of salt

Normal Saline for Nasal Flushing:

- 2.5 oz bottled or boiled water
- 1/8 tsp salt

Hypertonic Nasal Flush Solution (3% saline): Available at local pharmacies, Target, Walmart and on Amazon. **Or you can make your own at home with this recipe:** Boil 4 cups water for 3 minutes. Add 2 tablespoons sea salt, stir and dissolve, let cool to room temperature.





DIRECTIONS FOR FLUSHING YOUR NOSE: WATCH “HOW TO” <https://youtu.be/TgsRmkBxWCc>

- **Wash your hands.**
- Mix the solution and fill the pot.
- Lean over the sink and turn your head to the side.
- Insert the tip of the pot into the top nostril. The neti pot tip should be far enough up to form a seal but not so far up that it creates discomfort.
- Tip the pot, bottle, or syringe up until the solution flows out of the other nostril and you feel that the nasal passageways are clear.
- Repeat this procedure on the other side.

SAFETY TIPS FOR NASAL FLUSHING:

Do not use very hot or very cold water

Do not use tap water

Do not insert the device too far up your nose

FLUSHING/ RINSING YOUR MOUTH: WATCH “HOW TO” https://youtu.be/xXZWs-U2_tc

Directions for flushing your mouth:

Flushing (rinsing) out your mouth and throat is done with a swishing action. Swishing is a process that rinses away bacteria and viruses from the oral cavity and between the teeth. It is important to swish your mouth for enough time to loosen and remove the germs hidden in your mouth between your teeth. Using a *dilute hydrogen peroxide solution, Listerine or a dilute iodine solution* cleanses the mouth and kills harmful bacteria and viruses.

Place a small volume (about 3 teaspoons) of your chosen solution in a cup. This amount should not overflow your mouth. Swish for a full 30 seconds (try counting to 30 in your head or using a stopwatch). Don't worry if you can't get to 30 seconds the first time – it gets easier each time you try. After swishing for 30 seconds, spit out the solution into the sink. You should do oral flushes twice daily.

***NOTE: please do not swallow the solution. Spit out into the sink after completing the swishing time.**

Here is a short video on properly rinsing your mouth:

REMEMBER:

Good oral hygiene is a daily practice. You should incorporate brushing your teeth twice daily along with your oral rinsing and gargling routines. Proper teeth brushing should last 2 minutes!



FLUSHING YOUR THROAT AND NASOPHARNX:

Gargling is the method used to flush your throat and nasopharynx. Gargling can be done with dilute hydrogen peroxide solution, Listerine, or a dilute iodine solution just like the oral rinses. During times of illness with increased post-nasal drainage hypertonic saline solution can also be used. Gargling can be done at the same time as oral rinsing. You can gargle and then rinse your mouth with the same 3 tsp of solution, or, if you chose you can use fresh solutions for each. Gargling can be done up to 4 times daily.

Directions for proper gargling: Watch the How To Video here: <https://youtu.be/zhFIP3xegFU>

- Take a small amount of the gargling liquid into your mouth.
- Open your mouth, tilt your head back a little so the gargling liquid sits in your upper throat and mouth.
- Pull your tongue back a little and make an “ahhh” sound, pushing air up from your throat.
 - *Remember to keep the epiglottis, that’s the small flap behind the root of your tongue, closed so that you don’t swallow the gargle solution.*
- Allow the gargling liquid to bubble through the upper throat and in the mouth for about 30 seconds.
- Spit out the liquid into the sink.