

5 Home Remedies

Can't remember the last time you breathed easily? Here are a few remedies you can try at home this week.

Diy Sinus Rinse

Take a large volume (240ml) of cooled boiled water, add ½ teaspoon of sea salt and ½ teaspoon of baking soda. Using this solution or the NeilMed Sinus Rinse premixed packets to rinse your nose has been proven to improve breathing by washing away the excess mucus and the allergens sitting in the nose causing irritation.

Nasal Spray

When using a prescribed nasal spray point it in the nose and in the direction of your eye. That way it goes towards the natural opening of the sinuses and most of the medications go to where it is needed. If you point it straight back or toward the centre it burns it can cause bleeding and most of the medications go down the throat and not where it is needed.

Be Cautious When Rinsing Your Nose

When rinsing your nose don't sniff in. It will cause the rinse to go into your ear via the eustachian tube and cause ear discomfort and fullness.

Drink Lots of Water

This keeps the mucus thin and loose so you don't have a thick blob of mucus blocking your nose and falling into your throat.

Inhaling Steam

This can break up thick mucus making it easier to clear. Be careful to avoid burns.

Bonus

Dry, hot temperature irritates the nose. Using water-based nasal gels e.g. nasogel can significantly reduce irritation of the nasal passages.

Some types of headaches can cause sinus like symptoms, but the person has no sinus disease. For example, cluster headaches can cause pain around the eye, redness of the eye, a runny nose and nasal congestion.

If your sinus medications are not working it may be that you don't have sinus disease at all. It's time to see a specialist.

[**Click Here To Set Your Appointment Today**](#)