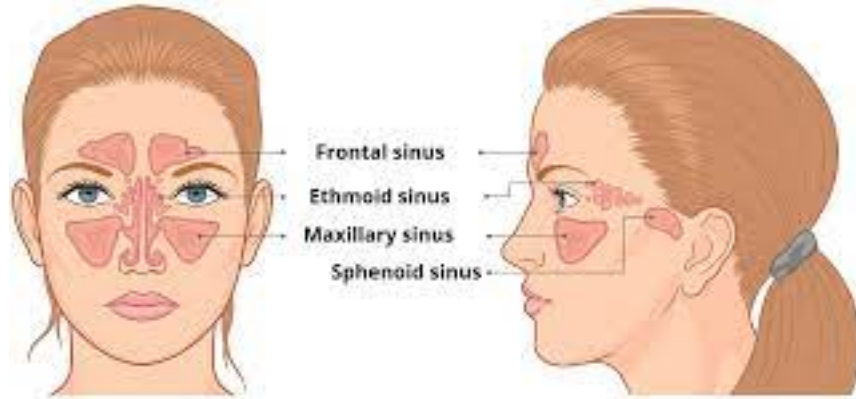


Dr. Tye's Sane Sinuses

The world is a heavily particulate place.



There are allergens, pollen, dust, smoke, chemicals, viruses, bacteria, drying central heat and air systems, and shared air with others to which the sinuses can be exposed. They can get irritated and make more secretions that then don't drain out the 8 small openings around the area between your eyes. As sinuses accumulate more and more mucous they can get infected with the native bacteria of the upper respiratory system or acquired bacteria from others.

An Ear, Nose, and Throat MD recommended Neti Pot twice per day to clear the nose of all the above irritants. In the morning and when you come home. This decreases allergies and infections.

There are You Tube videos on how to Neti Pot. I like it better than active lavage devices. The Neti Pot is gentler and slower. A plug may take several times flushing to soften slowly and come out. The first time I used it, I had to flush each side 4 times before the plug softened.

I've been impressed how masks have decreased all viral upper respiratory infections for me. Wear them anytime you are in a closed space with many people where the viruses can concentrate.

The maxillary sinuses drain up. This means they don't drain easily. After using the Neti Pot put your head over the end of the bed and let them drain with your head upside down.

This is not medical advice. This is my experience to share for your review.