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## Homemade Nasal Saline Recipe

Avoid the nasty and dangerous chemicals used in commercial nasal saline (benzalkonium chloride (BKC), thimerosal ...)

8 oz Water – either distilled or boiled

¼ - ½ tsp Salt – Kosher is good. You can use iodized sea salt if you do not have an allergy to iodine. ¼ tsp is isotonic (matches the amount of salt in your body) and ½ tsp is hypertonic.

- ½ tsp is more useful for when you are very congested.
- Do not use over ¼ tsp for children under 5 years of age.

Antimicrobial Essential Oils

- 2 drops of Tea Tree Oil
- 2 drops of Lavender, Rosemary or any other antimicrobial oil you like