

NASAL SPRAY IDEAS



Your nasal flora influences your respiratory health and your immune system. You can often stop or prevent respiratory infections in early stages if you react quickly by using a gentle, but effective nasal spray or even a saline solution.

Steroid sprays inhibit the immune reaction in the nose, which is how they reduce inflammation in the nose. Histamine, which is a chemical released by immune system cells, so be careful with an antihistamine as a first choice of treatment if gentler options work.

Given the strong link between the immune system of your gut and your nose, if you pay careful attention to your gut health, your nose will be much happier too.

There are situations where it would make sense to take a stronger spray, such as a steroid or antihistamine, to prevent further problems for the ears or a chest infection, but you need to start asking questions about how to care for your immune system better if you are using one of these sprays permanently or for weeks and months on end.

Here are two ideas of nasal sprays that are both gentle and effective, even if used long term or frequently:

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Euphorbium Nasal Spray from Heel

This is a great nasal spray to use for both prevention and to help clear nasal irritation and infection. It works against infection and helps to reduce inflammation. Euphorbium is safe to use regularly, such as every night before bed for two weeks at a time or even longer. Alternatively, use Euphorbium every three hours if you feel the start of a cold, flu or corona virus infection. It can help reduce throat irritation too via the nose.

Sterimar

This is a salt solution, but different to standard saline due to it being ocean water based. This results in Sterimar containing many trace minerals instead of merely sodium and chloride, such as a standard saline solution. Sterimar clears the nose and reduces irritation. It can also be used to prevent infections, reduce inflammation and irritation and to help stop an infection in the early stages. Sterimar is safe to use both long term and often if needed.



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