



Health and Breathing Protocols

Nasal Cleaning

- Blow your nose....one side at a time.
- Xlear nasal spray 5x per day
 - Then blow nose...one side at a time.
 - <http://www.xlear.com/>
- Nasal rinsing with Neti Pot or Squeeze Bottle (www.neilmed.com)
 - Fill with salt packet and distilled water
 - Use warmish water...has to be body temperature or above for comfort
 - Open and breathe through your mouth (It's the *only* time you'll ever hear me say this!)
 - Pour in one nostril, out the other (After a while, you'll love it!)
 - Add YL 1 drop Lavender, 1 drop RC (Respiratory and Congestion, 1 drop Rosemary or Melaleuca(Tea Tree)
 - Add Alkalol to saline solution.

Nasal Clearing (decongestion)

Essential Oils

- White flower essential oil (a combination of oils)
- RC Respiratory and Congestion (a combination by Young Living)
- Rosalina (a lemon-scented form of tea tree oil)
- Lavender
- OPTION: Vick's Vaporub (if you don't mind the petroleum)
- How to use:
 - 1) 6 drops on the palms
 - 2) 6 sniffs of the palms
 - 3) Mom can do it for the kids
- Oil diffuser. put drops in the water reservoir
- Oil Mist
 - Drops in a bowl of steaming water
 - Cover your head with a towel and breath in the mist
- Reishi Mushroom Extract (by Host Defense)
 - To reduce the effects of allergies and other causes of airway inflammation
 - 1 dropper in all-day water bottle. Sip throughout the day. Should clear in 4-5 days.
- Neti Stick
 - Himalayan Salts and oils
 - Insert in one nostril to dilate the valve, block off the other nostril (not squeeze)
 - Stabilize teeth stick. Breath in, Breathing out, hum, swallow.
 - Repeat 3 times each side

Exercises

- The “NOD” nasal clearing
 - Lips closed always, breathe gently through your nose
 - Block your nostril and sway your head back and forth until you NEED to breathe
 - Release you nostrils, breathe in GENTLY and feel the flow! Repeat as necessary.

- PACES (instead of the NOD)
 - Close you lips, breathe in, breathe out
 - Block your nose
 - Walk, counting your paces
 - When you need to, let go of your nose, breathe calmly through your nose
 - Write down the number of paces. Do this three times.

Nasal Breathing

- Silent Breathing (Feather Breathing, Mouse Breathing)
 - Setup: Lips together, tongue on palate, teeth apart, feet flat on the floor
 - Open eyes and focus on something (Pick a color, Gently focus on that)
 - Silent slow Inhale (3sec), pause(3) and Exhale (6) through your Nose
 - Silent Slow breathing : use ear plugs to “hear” the silence.
 - and Swallow
 - wait (up to 30-60 seconds) for the swallow to occur

(When you have silent breathing, you have better oxygenation of the brain).

- Twisty Ties (or toothpicks)
 - hold a twisty tie between your lips. Don't let it fall out.
 - nasal breathe silently. See how long you can keep it up.

- Same-side Breathing
 - Block one nostril, breathe in and breathe out slowly
 - Block the other nostril, breathe in and breath out slowly

- Mouth tape (as a reminder)
 - used for lip incompetence
 - do it for up to 90 minutes/ day for nasal breathing
 - wear to bed at night.
 - use micropore paper (search “amazon 3m micropore tape”)
 - Buteyko Mouth Tape (\$11 for 25 strips) <http://www.buteyko-usa.com/>

- Nasal Strips, Breathe Right Strips
 - to keep the airway open
 - child-size for younger kids

- Nose Cones
 - Opens the nasal valves when narrow or collapsed
 - Available in the US through Dr. Barry
 - “Mute”, nasal stent available at some Walgreens and online.

Nutraceuticals and Medicine

- Vitamin D
 - 1000 IU/Day for children D3 oral supplement
 - Deficiency associated with chronic sinus, ear, tonsil and URT infections

- Anti-Inflammatory Protocol
 - See sheet for Isotonix
 - Good for allergies, mucus, swollen T&A
 - Multivitamin Plus
 - Chewable Probiotic
 - OPC-3

- Nasonex
 - Best used for severe nasal congestion and only for a short time to get nasal breathing started.
 - Under 11yo, 1 spray in each nostril. 12yo and over, 2 sprays in each nostril. One time a day.

Dietary

- Go Dairy Free for 1 week. If results are good, go two weeks. Then evaluate.
- See physician about Vitamin D and Vitamin B deficiencies
- Food sensitivity testing
 - <http://stevenenninger.com/tests/> (Start with IgG. Then IgA. Have results sent to Dr. Raphael)

For better Dental Health, too.

- Spry Xylitol Mouthwash: Gargle to keep the mouth clean, the pH correct, and reduce anaerobic activity and allow natural flora to be restored.

- Rain oral spray to moisten the mouth (if you sleep with it open)
- Spry xylitol toothpaste