

## "The Nose Knows:" Frontline Flu Defense

When the cold or 'flu germs enter your body they immediately lodge themselves in the membranes of your nose. Your immune system then resists them by releasing inflammatory mediators. These in turn cause excessive mucus gland secretion, which blocks the sinuses, leading to a runny nose and all the other unpleasant symptoms of a cold or the 'flu.

Dr. Hana's [Nasopure®](#) Nasal Wash System transforms the ancient technique of nasal irrigation into the most effective, convenient and inexpensive nose washing system available today. It is a modern day netti pot. It quickly and safely washes away pollen, **mold, dust, bacteria, viruses** and mucus—the primary causes of nasal and sinus allergies, infection and discomfort. The Nasopure sinus cleansing salt mixture contains pharmaceutical grade sodium chloride (salt) and **sodium bicarbonate**.

Do not add regular table salt to any solution used for nasal washing as it contains undesirable additives and throws off the saline concentration of the solution. **Salt** is both soothing and therapeutic (in the proper concentration). Too little or too much salt will cause the water to "burn" or irritate your nasal passages and sinuses. Pickling salt, which is usually pure salt, is preferable to regular table salt if making your own salt solution.[\[2\]](#)

For a 0.9% isotonic saline solution, the amount normally found in bodily fluids, use 1/3 teaspoon (approx. ¼ heaping teaspoon, or 1.85 ml) of salt. Anything less than this is hypotonic, anything greater is hypertonic. Some research suggests a hypertonic solution may be best when combating a runny nose (as it would have a drying effect), so you might want to go to the higher end of the salt range. Add baking soda (sodium bicarbonate) to help buffer the solution. A hypotonic solution, however, would tend to be moisturizing (i.e. the lower end of the salt range), and may be what you want in a nasal spray for general prophylactic use.

If you want to take direct action against the virus or germs that are already attacking you, the battleground is inside your nose. Directions for common use of nasal washings include; pour a little warm water into a dish and add a level teaspoon of your sodium bicarbonate. Stir it well and then immerse your nose and surrounding parts of your face into it. Slowly breathe the water up your nose until it reaches the point where it begins to overflow into your mouth. Then expel it and rinse your mouth out. Be careful not to add more than a teaspoonful to the water, and that the dish is of a size that enables you to fit your face into. If the mixture is too strong it will sting your nose for a while. A little trial and error will tell you how warm the water should be, which is warm enough but not hot. Do this three times a day, and it should ward off even the heaviest of colds well ahead of time.

**Garlic nose drops.** In his book [The Healing Power of Garlic](#) Paul Bergner writes: "Garlic nose drops directly kill the viruses that cause cold or flu." He also writes about a study with mice where some were inoculated with garlic, and some were not. The flu virus was introduced to the nasal passages of

each mouse. Those mice that received the garlic remained healthy, where all the others got sick. To make nose drops, Bergner instructs us to crush some garlic to obtain juice, and add ten parts water and mix well. Eating garlic will also have a systemic effect, but deodorized garlic tablets or capsules reportedly do not work near as well.

**Hydrogen Peroxide:** Another method is to fill a spray bottle with a 50/50 mixture of hydrogen peroxide and water. Tilt your head back and spray it into your nostrils. It will bubble up and help to kill the bacteria in your nose. Hold for a few minutes and then blow your nose into a tissue. One can also use hydrogen peroxide in a vaporizer as well.

If an individual co-operates in a cleansing process of Nature by performing enemas, nasal washes and gives rest to his digestive system by observing a modified fast at the very beginning of cold or flu they will reduce the severity and length of their suffering and with a little luck get rid of the problem within 48 hours. During a fast, half lemon juice mixed with a glass of warm water may be taken several times a day. One or two spoons of honey may be added to this if desired. Not only does this help with the elimination process but it directs internal energies to healing instead of digesting and assimilating new food.

*Zinc gluconate lozenges reduced the average duration of common colds with exceptionally strong statistical significance when taken in the first few hours.*

Because most people don't understand what detoxification symptoms are, they head to a drug-oriented doctor, who also doesn't understand detoxification symptoms. The doctor confirms that they are sick, and then puts them on some sort of drug that is designed to stop the symptoms and this short circuits the detox dump and actually prolongs suffering. A real doctor will look at what is really going on and treat the problem on a fundamental level with medicinals that do not interfere with the natural process going on. According to recent studies use of over-the-counter cold and flu medicines at any stage of the illness only act to make it worse by prolonging the disease<sup>[3]</sup> and drugs like Tamiflu have their own dangerous toxicity that in certain cases is life threatening.