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Nasal Saline Mixture Home Recipe

- 1.** You will need one quart of water
- 2.** One tsp. salt
- 3.** One tsp. baking soda

Mix the salt and baking soda into the water and then fill your nasal rinse bottle whenever you are ready to use. It is easier if you want to use it in the shower but you can also use it over the sink.