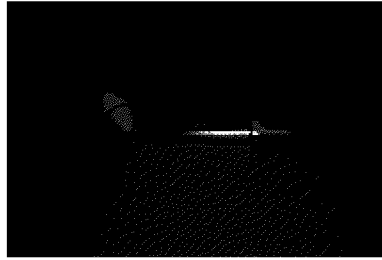


The Pulsatile Nasal Irrigator



Drugless Sinus Relief with the Pulsatile Nasal Irrigator

Most upper-respiratory problems including sinus infections & allergies are related to poor function of nasal cilia, tiny hairs in the mucous membranes that act to remove pollutants and contagions. Most drugs and sprays treat such problems symptomatically. Some drugs kill the bacteria for the moment, but don't improve the body's long-term ability to fight contagion. Pulsatile nasal irrigation, however, provides drugless sinus relief by improving ciliary function. The basis of your body's natural defense against upper-respiratory problems - cilia - work better. ***Medically Proven***. Regular irrigation not only makes you feel well for the moment, it improves your long-term susceptibility to sinus disease and colds.

[Click Here](#) for a description of how to use the Nasal irrigator attachment for the Water Pik®. Developed by [Dr. Grossan](#) an ear, nose and throat specialist practicing in Los Angeles. A bibliography of pulsatile irrigation is given [here](#).

The Nasal Irrigator Attachment is available from your local pharmacy ([click here](#) for a list of pharmacies carrying the Nasal Irrigator) or directly from Hydro Med, Inc. Call (800) 560-9007 or Email hydromed@Westworld.com, Or fax (818) 377-3426 [Click Here](#) for Hydro Med price and ordering information.



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Last Update 14 October 1998

Dr. Grossan's Ear, Nose and Throat Consultant Pages

Ordering The Grossan Pulsatile Irrigation Tips

Thanks for your inquiry. The Grossan Sinus and Throat Irrigation Tips are available at:

\$16.95 each,

\$29.90 for two,

\$119.95 for one dozen..

\$5.65 postage must be added and

8 1/4% Sales Tax for California residents.

You need to attach the tips to a Water Pik®. ~~***~~ You can even use the portable, battery one.

You can get the professional model Water Pik® and irrigator tip complete for \$74.00 + \$5.65 S&H.

Directions for sinus irrigation are located [here](#), and separate instructions are available for throat irrigation [here](#).

To order: fax 818 377 3426, phone: 800 560 9007, e-mail: hydromed@westworld.com

En Espana:

Inmunotek S.L.

Velazquez 124

E-28006 Madrid, Spain

+34-1-561 5617 or +34-1-519-9923

(E-mail: JLSUB@mx3.redestb.es)

Use Visa, Master Card or Discovery.

Hydro Med Inc.

4419 Van Nuys Blvd. Suite 310

Sherman Oaks, CA 91403

URL <http://www.ent-consult.com>

The Grossan Sinus and Throat Irrigation Tips are available at select drug stores including Longs Drugs, Sav-On/Osco, Thrifty Payless, and your independent pharmacy. If your local pharmacy does not stock these items, they may order them directly from [Health Solutions](#) by calling 800-305-4095.

Look at this description of [Pulsatile Nasal Irrigation](#) for more information.



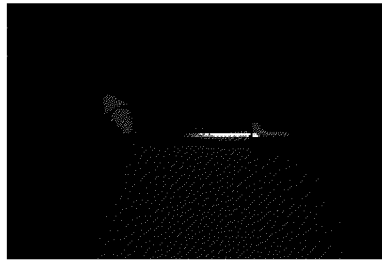
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Last Update 18 Feb. 98

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Using the Pulsatile Nasal Irrigator



Pulsatile Nasal Irrigation

One of the techniques used in Yoga for the nose is to sniff saline in and out the nose. Actually this is good, the only problem is that the saline must be isotonic, that is, the same concentration of salt as is in your body. If you can sniff at 16 snorts per second consistently then that is even better because the normal cilia of the nose pulse at 16 - 18 pulses per second. Some people, however, may not be able to keep the beat. The pressure must be 5 PSI. If the pressure is too high, the saline may go up the ear and carry bacteria there - not good. If the pressure is too low, it won't be effective. Fortunately, there is a simple attachment for the Water Pik® dental device that delivers saline at the right mixture, at the right pressure and at the correct rate of pulsation to match the normal rate of the cilia. This method is safe, safer than blowing your nose.

Instructions for Use

- Add one teaspoonful of salt to the basin to get the correct concentration (we prefer non-iodized salt because some people are sensitive to iodine).
- Fill the basin with warm water, about 27 ounces or 800 cc.
- Attach the nasal irrigator .
- Turn on and adjust the pressure so that if you point the irrigator stright up in the air, the stream is about one inch high.
- Hold the Water Pik® by the little knob on the end, this acts like a lever. Place in one nostril, bend over the sink, and turn the device on. The saline goes through one nasal chamber and out the other.
- After about a minute, switch sides.
- Use about 1/3 of the basin, or until the saline return is clear.

The device is designed not to work if the nose is completely obstructed. The saline goes through the sinuses and removes pus and thick phlegm and bacteria. The pulsation restores cilia to normal. Rinse the machine thoroughly to remove the salt after use. For most nasal and sinus conditions daily irrigation in this manner for 10 days will restore the cilia to good function.

There is some evidence that the use of the irrigator in the nose may be helpful to restore the cilia of the chest. Certainly the chest is helped by removing the bacterial load from the nose and sinus.

Sometimes asthma is caused or aggravated by pus in the nose so using the irrigator to remove nasal sinus pus is good medicine.

Now that so many bacteria have become antibiotic resistant, using the pulsating irrigation early in an infection can help prevent the need for antibiotics.

Notes: In cases where cilia are absent or non-functional as in cystic fibrosis, the irrigation tends to act as a substitute for normal cilia.