

# Stuffy Nose? Clear It With These 5 Easy Steps!



Whether it is cold season, or allergy season, having a stuffy nose can be miserable. Not only that, nose breathing is important for good neck alignment and for relaxing your parasympathetic nervous system (which is medical jargon for keeping your nerves calm).

## 5 Natural, Quick & Easy Steps for Clearing Your Nose:

1) Exhale fully

\*You may add blowing your nose with your exhale if you really need to get some gunk out

2) Pinch your nose & hold your breath out

3) When you feel a “hunger” for air take a breath in through your nose

You may feel and hear nose gunk moving around, this is normal and ok. This will get better after several repetitions.

4) Breath in & out through your nose for 3-5 breaths

5) Repeat 3-5 times

## Other Considerations:

### 1) Why can't you breath through your nose?

- 1) Allergies - you may need to address your allergies in a better fashion, consult with your doctor or allergist. You may explore changes in your diet that can contribute to a stuffy nose.
- 2) Enlarged tonsils or adenoids. To diagnosis enlarged adenoids consult with an ears, nose & throat doctor.

### 2) Use a Neti Pot

During a cold or allergy season, Neti Pots can help clear sinus drainage naturally and easily and help open your airway.