Subject: Re: How To Take Care of Your Nose
Posted by BillEpstein on Sun, 28 Dec 2003 01:27:07 GMT
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I had that Flu last month, George. What a terrible 7 days! Like the rest of the world. An epidemic. It seems that everyone coming back to work is still badly congested. Lot's of shrill nose blowing. And complaints about sinus infections and congestion that won't go away. Mine subsided in a few days and others who've taken this advice say the same thing.When you blow your nose, you force mucus up into your sinuses even tho' a lot is coming out. The more and harder you blow, worse it gets. Just wipe a runny nose with a tissue and don't blow at all. Requires some discipline. If you're badly congested, put very hot compresses over your eyes covering your face from the lips to the forehead every hour for 10 minutes. Keep the cloth hot. Guaranteed relief in less than 48 hours. Unless of course you do have an infection in which case do the same but it will take a week.Takes the pressure off your ears too and music sounds better.