

Homemade Hypertonic Saline Solution



New research shows daily saline gargle and nasal rinse reduces transfer of viruses by 25%. Listed below is Dr. Craig Denham's recipe for this solution that will support your health!

Ingredients:

Boiled Water	4 cups; at a rolling boil for 3 minutes to purify
Sea Salt	2 tbs; or table salt (non-iodized salt preferred but not critical)

Directions:

- Wash hands thoroughly
- Choose a clean container/flask
- Add the salt. Pour the freshly boiled water into the container and mix thoroughly until salt completely dissolves
- Close the container with an airtight lid and store in the refrigerator

Recipe For Homemade Sterile Saline

Shasha Hu



Recipe For Homemade Sterile Saline:

Unveiling the Magic of Words: A Overview of "**Recipe For Homemade Sterile Saline**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Recipe For Homemade Sterile Saline**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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