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# HydroPulse Nasal Irrigator Relieves Nasal and Sinus Problems

*Clinically tested and drug-free*

HydroPulse Nasal/Sinus Irrigator Brookstone

Maybe some of you readers out there will go "yeeeuw" when hearing about a nasal irrigator. Frankly speaking, that was my first reaction, too. But I was surprised to find out how useful this little gadget can prove to be. In fact, nasal hygiene is a neglected part of our daily routine, because we only think about it if suffering from sinus problems or when catching a cold.

The HydroPulse Nasal and Sinus Irrigator has been developed by Dr. Murray Grossan, M.D., a respected ear, nose and throat specialist with over thirty years of experience in treating sinus problems. This solution promises to be a better alternative to other existing nasal irrigation methods, like the neti pots.

The difference between the HydroPulse and basic nasal irrigation is that that the latter uses water and salt only, while the Grossan irrigator does more to cleanse the nose. It uses a pulsating stream to move the nasal cilia at their natural, healthy rate of motion. This is the way that cilia normally protect your sinuses against foreign bodies.

The HydroPulse gently relieves the symptoms of sinusitis, allergies/rhinitis, post nasal drip and congestion. The device works by sending pulses of warm saline through the nasal passages, helping flush out allergens, germs and mucus. Basically, this stuff cannot be completely removed by simply blowing your nose.

The maker describes it as being comfortable, easy to use and not messy. When buying it, you get two nasal tips and two throat tips or tongue cleaners, plus two boxes (66 single-use packets) of all-natural BreatheEaseXL nasal moisturizer. In addition, you are offered a copy of Dr. Grossan's new book, "Free Yourself from Sinus and Allergy Problems Permanently," which I bet makes for a fascinating bedtime read. The whole package sells for about $150 at Brookstone.

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