



Decongestion Nebulizer Protocol

Use this protocol to relieve congestion due to allergies or a head cold. It's important to open your nasal passageways to breathe clearly and easily. Your body and all its systems need oxygen!

Prepare the Nebulizer Solution

1. Prepare a saline solution by adding 1/2 tsp of pink salt in 8 oz warm distilled water. Stir to dissolve and set aside in a clean glass container.
2. Combine the following ingredients in a clean measuring cup or other cup that you can easily pour from:
 - 1 teaspoon prepared saline
 - 4 drops of 3% food grade hydrogen peroxide
 - 4 drops of 2% Lugol's or Nascent iodine solution
 - 4 drops of Argentyn 23 silver hydrosol
3. Stir all ingredients until dissolved.
4. Pour into the Nebulizer medicine cup.
5. Follow the directions for use on the Nebulizer.

IDEAL FREQUENCY: Aim for 3-4 treatments daily for 2 weeks if experiencing persistent congestion or a head cold.



**ARGENTYN 23
COLLOIDAL
SILVER**



**HYDROGEN
PEROXIDE, FOOD
GRADE - 16 OZ**



IODINE - LUGOLS



**IODINE,
NASCENT
COLLOIDAL**



**NEBULIZER
WITH MASK**



PINK SALT

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