

How to Take Good Care of Your Ear, Nose and Throat



TAKING CARE OF YOUR NOSE

There are many things that we subject our noses to that are unhealthy and problematic for healthy breathing. Learning how to take care of your nose can help you enjoy a pain free, symptom free, lifelong experience of some of the world's most tantalizing smells. Your nose and sinuses are intimately connected, and helping to improve your nose health will help you to improve sinus health. The nose serves two purposes. It provides an avenue for smelling which increases pleasure, warns against danger, and helps to improve the quality of life. It also serves as an airway into the lungs. A healthy nose will help filter particles from the airway much better than an unhealthy nose will. A chronically runny nose or stuffy nose can lead to headaches and other discomfort as well as become an irritating source of discomfort on its own.

Nasal Sprays

While nasal sprays are an obvious solution to nasal problems, they don't necessarily induce good nose health. In fact, many sprays are targeting your sinuses and not your nose, and thus can be damaging or irritating to the lining along the nostrils.

Ear Nose And Throat Care Speedy Study Guide

Judd E. Hollander



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