

Nasal Lavage with the HYDRO Floss

The Hydro Floss is a machine originally designed for dental use, but has been rapidly adapted to serve other functions. As a dental irrigator it is unsurpassed, producing 64% better plaque removal than other devices.

The most important function that we use the Hydro Floss for is nasal lavage, which is when the unit is used for treating the nose and sinuses. This area is vital for many functions, with breathing being the most obvious one. Blocked nasal passages have far reaching implications. One study demonstrated that blocking one nostril in rabbits for just a few weeks resulted in atrophy (shrinking) of the lung on the same side. Inflamed sinuses also make one more susceptible to ear, sinus and throat infections. In addition, the pituitary gland, which is one of the regulators of hormone function, is irritated by sinus inflammation. This, in turn, can affect the function of all of the other glands involved in hormone production and release. Finally, the nasal passages contain reflex points that act in the same way as acupuncture points, which can affect the health and function of all parts of the body.

The Hydro Floss has many features that make it ideal for nasal lavage. The jet produces a deep penetration, and the intensity can be finely tuned. The rhythm of the pulsation is ideal, as a slower pulsation is inadequate for stimulation of the reflex points. The Hydro Floss also uses magnetic forces to treat the solution, which greatly increases its effectiveness, especially on the reflex points.

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