



Helpful Tools for Mucus Management



Water

Price Range: Free and up

Available: Everywhere

The following amounts are estimated recommendations from the Institute of Medicine for healthy individuals without conflicting medical conditions.

Men: 3 liters (101 ounces) = approximately 6 (16 oz) bottles of water per day

Women: 2.2 liters (74 ounces) = approximately 4 (16 oz) bottles of water per day

Mucinex (expectorant only)

Price Range: \$6-13

Available: Walmart, Walgreens, CVS Drugs

Active Ingredient: Guaifenesin - expectorant;
available in 400 mg, 600 mg or 1200 mg doses



Grether's Blackcurrant Pastilles (sugar free)

Oral demulcent containing glycerin; soft lozenges

Price Range: \$8 and up

Available: Only available online at amazon.com, smallflower.com/product/10040, pastillesforless.com or additional online suppliers

Halls Breezer (non-mentholated - sugar free)

Oral demulcent containing pectin; hard lozenges

Price Range: \$2.29 and up

Available: most drugstores, Walgreens, CVS Drugs

Receive a coupon at gethalls.com/signup.aspx



Entertainer's Secret Throat Relief

Oral demulcent containing glycerin; fine mist spray

Price Range: \$5 .99 and up

Available: phone: 1-800-308-7452, KLI Corporation, Carmel, IN 46032; online: amazon.com, entertainers-secret.com, or additional online suppliers

Oasis Mouth Moisturizing Spray

Oral demulcent containing glycerin, pump spray

Price Range: \$6.99 and up

Available: Walgreens, walgreens.com and additional online suppliers



Personal Steam Inhaler

Price Range: \$9.99 and up

Available: CVS Drugs, Sally's Beauty Supply, Target and Walmart

Online at: amazon.com and additional online suppliers



Room Vaporizer

Available in a variety of brands

Price Range: \$17.00 and up

Available: Walmart, Target, Sears, Walgreens, amazon.com and additional online suppliers

Cold steam inhalers use ultrasonic waves to create water vapor. These are less dangerous around children but can deposit a "film" over time around your house. Traditional (hot) steam can be cleaner, but carries a risk of scalding and burns. Cold steam inhalers are generally more expensive.

Sinus Irrigation Rinse

NeilMed is the best known manufacturer but other manufacturers offer equivalent products.

You can even use a baby bulb syringe.

Price Range: \$11.49 and up

Available: Walmart, Walgreens, CVS Drugs, amazon.com and additional online suppliers

A recipe for homemade saline (salt water) is below:

Sinus Irrigation Rinse Recipe:

8 oz warm water

1/2 teaspoon of kosher or salt (make sure to use non-iodized salt)

1/2 teaspoon of baking soda

