

## Baby Shampoo Instructions

Baby shampoo can be used as a surfactant, which has been clinically shown to break down the biofilms that resistant bacteria use as a defense against antibiotics. Mix 2 teaspoons of baby shampoo with 1 1/2 teaspoons of noniodized salt and 1 1/2 teaspoons of baking soda. Dissolve in 1 quart of boiled water and use in whatever form of nasal irrigation preferred. Some bubbling will occur, if this is an issue the amount of baby shampoo in the irrigation can be reduced.