

'Sweet Nasal' Treatment Handout

Erik Vose, NMD www.ColibriWellnessCenter.com DrErikVose@gmail.com

These instructions explain the 'sweet nasal' at-home treatment. You have been recommended to try this simple and effective at home therapy for the treatment of your condition. It is being used successfully by patients with chronic pain, anxiety, insomnia, and other nervous system related disorders worldwide.



The sweet nasal put simply

stimulates your nervous system into relaxation/digestion/repair mode that takes advantage of the location of a nervous system center in the sphenoid bone (behind the eyes) that regulates our parasympathetic activity, called the **sphenopalatine ganglia**. When sugar water (5% solution, or 50mg per mL) is soaking or "bathing" these nerves the result is a powerful activation of the rest, digest, and repair functions of the body, producing a general calming feeling and relaxation of overstimulated nerves in general. After 3-15 minutes of this therapy you may begin to feel a strong sense of relaxation and pain relief. **As the body relaxes such as after about 3-10mins it is normal to feel a temporary increase in energy and overall mental activity that if you keep going can produce a much deeper relaxation.**

When and how often can I do this? As needed, such as at the end of the day, and its ok to repeat multiple times per day. Consider creating a regular routine.

How does this really work in detail? Nerves work based highly on sugar concentrations and when they increase, the cells around nerves called glial cells actively pump more sugar into the nerve increasing the rate of energy production in the nerve. For the sphenopalatine ganglia, this means more relaxation.

Side effects are mild but include:

- 1) If you notice that your neck hurt more in this position, please use props to support your head or use an inversion table (make or buy one).
- 2) If you have a tendency to sinus infections you need to be more carefully to drain the sinuses afterwards, such as in a hot shower, or allow more time between treatments until the body gets used to it.

Based on the work of Dr. John Lyftogt, MD - Creator of perineural therapy

For more information about this therapy please visit: www.lyftogtmed.com

'Sweet Nasal' Treatment Handout

Erik Vose, NMD www.ColibriWellnessCenter.com DrErikVose@gmail.com

WHAT YOU NEED

- Organic sugar - 1 tsp
 - Distilled water - 1/3 cup
 - Eye dropper (1 dropperfull = 2/3mL)
 - Flat surface where you can tilt your head back over comfortably
 - 10-30 minutes timer
 - Tissues (optional)
-

Instructions for therapy at home:

1. Making the solution: Mix approximately 1 teaspoon of sugar in approximately 1/3 cup of distilled water (ok to cut quantities in half or estimate). Mix well (you may choose to heat the solution to mix and then let cool to touch prior to use), then pour into container for storage therapy such as an eye dropper bottle.
2. While lying face up on the bed or couch, extend the head off the bed/couch to then tilt the head backwards off the end of the bed (such as the side or foot of the bed) so that the bridge of the nose is more or less vertical. Use a pillow under the neck or upper back as needed for comfort. Try to let your body relax
3. Gently use the eye dropper to draw up and slowly administer 5-8 droppersfull into each nostril, ideally allowing the solution to drip along the inside of the top of nose as it goes into the cavity (pictured above). Let sit for 10-30mins and set a timer.
4. When finished, simply turn the head side-to-side slowly to allow the fluid to drain down the throat into the stomach, then use the tissue to expel any remaining fluid. Sometimes there is nothing to blow into the tissue as the solution can get absorbed and used up over time, so it is ok to start with a little and add more solution every couple of minutes.

Where can I learn more?

For more information about the sphenopalatine ganglia in general or how it relates to migraines (for example), you are welcome to visit the following websites. This is a treatment for many conditions besides migraines, though it is especially effective for migraines, insomnia, mood disorders, and chronic pain.

- www.kenhub.com/en/library/anatomy/pterygopalatine-ganglion
- yakketyyak312.wordpress.com/resource-library/understanding-migrainethe-sphenopalatine-ganglion-spg-and-headache/

Based on the work of Dr. John Lyfogat, MD - Creator of perineural therapy

For more information about this therapy please visit: www.lyfogatmed.com