

OF HEALTH

Relieving Congestion

(NAPSA)—Nasal decongestants work fast to open breathing passages. But if you use them for more than three days in a row, you may suffer a “rebound effect,” and end up more congested than you were at the start.



Saline nasal sprays can help users breathe better without irritation or dryness.

To avoid this problem, many doctors recommend using a saline spray instead of a medicated spray. Saline sprays loosen and thin sinus congestion caused by colds or allergies, restoring moisture to dry nasal membranes.

For example, Ayr Saline Nasal Mist effectively washes away mucus and allergens which can lead to nasal congestion. In addition, because it is specially formulated to be compatible with nasal membranes, there is no burning or stinging—and because it is a non-medicated spray, it can be used as often as needed.

To learn more, visit the Web site at www.bfascher.com.