

Brown Bag Series

## What to know about Women and Coughing!

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### **COCONUT OIL INSTRUCTIONS:**

PLEASE PURCHASE A JAR OF COCONUT OIL FROM THE GROCERY STORE. THIS CAN BE FOUND IN THE OIL, CRISCO SECTION OR SOMETIMES THE NATURAL FOOD SECTION.

### **PURCHASE UNREFINED COCONUT OIL CAN BE USED UP TO EVERY HOUR**

USE A SPOON TO SCOOP A PEA-SIZED GLOB OF COCONUT OIL (WHICH IS WHITE AND SOLID LIKE LARD AT ROOM TEMPERATURE) ONTO YOUR FINGER. WIPE THE COCONUT OIL OFF IN THE INSIDE OF YOUR NOSE WITH YOUR FINGER. SQUEEZE YOUR NOSTRILS TOGETHER AND THEN WIPE OFF THE EXCESS OIL.

IT WILL MELT AT BODY TEMPERATURE AND COAT YOUR NOSE.

**-HOURLY NASAL SALINE WHILE AWAKE (OCEAN)**

-**"AYR"** BRAND SALINE NASAL GEL

-**USB PERSONAL HUMIDIFIER** IN YOUR CAR OR AT YOUR COMPUTER.

-**HUMIDIFIER 2 FEET** FROM YOUR **BED** WHILE SLEEPING IDEALLY ON **NIGHTSTAND/BEDSIDE TABLE**.

-**PERSONAL STEAMER** USE THIS FOR 2-3 MINUTES 5 MINUTES BEFORE HIGH VOICE USE.

