

GROSSAN



Hydro PulseTM

Nasal/Sinus Irrigation SystemTM

Deluxe System Includes:

- Complete Breath Control System
- Pulsatile Throat Irrigation System
- Excerpts from *The Sinus Cure* by Murray Grossan M.D. (pps. 19-23)



Hydro Med, Inc.

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USER INSTRUCTIONS



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by Murray Grossan, M.D.
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**Contains no latex or rubber products.
Safe for latex allergic persons.**



QUICK REFERENCE

- **Always** rinse the machine with plain warm water after use. Failure to do so invalidates warranty and causes machine to clog.
- **Occasionally** a new machine has an air pocket; you can hear the pump but no solution will flow. You must prime the pump(see p.11).

Nasal/sinus irrigation

1. Prepare Solution: Add one scoop or one tsp. Breathe-easeXL™ or plain salt to the reservoir. Fill reservoir to the 500 ml(approximately 16 oz.) mark with warm water, and stir until all solids are completely dissolved.
2. Adjust the stream so it travels to a height of about one inch, then use the thumb switch to stop the stream.
3. Insert into one nostril, **then lean far over the sink**(so you can see the drain).
4. Irrigate until the fluid exits out your nose clear(about 1/2 the solution).
5. Turn off the stream with the thumb switch, switch sides, and repeat.

Throat irrigation

1. Use a solution of lukewarm water, dilute mouth wash or saline.
2. Adjust pressure to a low, comfortable level.
3. Bend down toward sink as above. Lay throat tip on one side of the tongue so that the the tip points just behind the last tooth. The length of the tip should be parallel to the mid-line of the tongue.
4. Use thumb switch on handle to start and stop flow. Repeat on opposite side.

Breath Control

1. Perform nasal and throat irrigation as given above.
2. Gently move the tongue scraper from back of tongue to front. After scraping, clean tongue with pulsating stream with pump at lowest setting.



INSTRUCTIONS FOR NASAL IRRIGATION

1. Power cord and plug

- The plug and power cord are stored behind the rear panel of the unit. Slide the rear panel downward to access the power cord.



2. Prepare the Solution

- Add one scoop or one teaspoon Breathe-ease™ or one teaspoon plain salt to the reservoir.
- Fill reservoir to the 500 ml (approximately 16 oz.) mark with warm water.
- Stir to make sure all powder is completely dissolved (undissolved powders can clog the machine).
- Fit reservoir in place on machine as shown in diagram.



3. Attach the irrigator tip into the handle

- Slide the irrigator tip into the handle carefully so that the tab on the shaft lines up with the slot in the handle. Do not use excessive force.



⚠ **Never twist the handle**, as this will cause the tip to break.

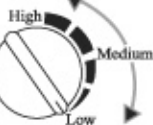
4. Turn on machine

- Make sure the tip is over the sink and the thumb switch on handle is set to "on" position. Push the on/off button at bottom right of machine.
- Please note : When using the machine for the first time, or after a long period without use, it may be necessary to run the machine for up to a minute before water exits the tip.

5. Adjust water pressure

- Set the water pressure regulating knob to "Low" to start. Point the water stream straight up. Gradually increase the pressure until the height of the water stream is about one inch or 2.5 cm above the end of the tip. This is the correct pressure for irrigation - more is not better.

STRONG(High)



WEAK(Low)





INSTRUCTIONS FOR NASAL IRRIGATION

6. Start irrigating

- Run the machine until the stream is warm to the touch.
- Lean over into the sink as far as is comfortable, as if taking a deep bow. Look straight down into the drain at the bottom of the sink.
- Press the end of the nasal tip onto the nostril to seal. Turn on the machine. The solution will enter one nostril and exit the other. Relax and let the machine perform its cleansing action.
- Breathe through your mouth. **Do NOT** swallow or spit when irrigating. Use thumb switch on handle to interrupt irrigation if you must swallow or spit.
- Use about 250cc or 8 ounces for each side. Continue irrigation until return is clear of colored drainage. If needed, use another 500cc. Some small amount of fluid may drip out of your nose for up to 20 minutes after irrigation. It is recommended to carry tissues for this period. If you blow your nose, you must be **VERY GENTLE**.



- To turn on with pushing button upward.
- To turn off with pushing button downward.

7. After Every Use

- Rinse the reservoir and fill with pure tap water. Run at least 1/2 reservoir through the machine. Failure to do so will cause clogging and invalidate warrantee.
- Empty reservoir, close the lid, dry machine, and replace reservoir.

The Hydro Pulse™ is Different-It Pulsates!

- Good cilia function---the back-and-forth waving motion of the microscopic hairs in the nose and sinus - is essential to good respiratory health.
- The Hydro Pulse pulsates at nearly the same frequency as the waving motion of healthy sinus cilia. Clinical measurements of most sinus irrigation users show that after treatment, ciliary function is improved. Improving your ciliary function is not just a symptomatic treatment - it's actually helping your own body to help itself maintain good health.
- For more on how the Hydro Pulse works, see the excerpts from The Sinus Cure, p.18 .



CAUTION

You can get ear pain if you turn your head far to one side and the water fills the area where the tube from the ear to the throat opens (Eustachian tube opening). Avoid this by keeping head midline. You can also get ear pain by blowing the nose hard to clear the solution. You must always be **GENTLE** when blowing your nose.

Similarly spitting or swallowing while irrigating can cause fluid pressure and discomfort to the ear. To spit or swallow, turn off machine at the handle, then spit or swallow, then resume irrigation. Should ear pain occur, don't blow hard or sniff hard. For normal minor discomfort, you can use Clear-ease[™], or non-prescription ibuprofen or naproxen (e.g. Motrin[™] or Aleve[™]) for relief. If you have any abnormal discomfort or other symptoms, stop irrigation immediately and seek professional medical treatment.



Frequently Asked Questions About Nasal Irrigation

Q1. If the nose is blocked, should I increase the pressure?

- No! The Hydro Pulse™ is gentle and designed to work only at low pressure. Increasing pressure beyond that recommended can cause harm. Use only at pressure indicated in instructions. Some people with blockage use an inhaler, such as Vick's Vapor Inhaler®, to open the nose prior to use.

Q2. What temperature should the water be?

- Most persons prefer lukewarm or body temperature. **NEVER** use **HOT** water-above 100.5°F.

Q3. Will the solution flush out every sinus?

- The principle of pulsatile irrigation is primarily for cilia movement, which then drain the sinuses. Whether the solution enters a specific sinus or not depends on anatomy, position of the head and other factors. But the principle here, backed by over 37 medical journal articles, is to restore the cilia so that they drain the sinuses.

Q4. I feel some solution coming out of my nose 20 minutes after I finish irrigation. Is this abnormal?

- It is normal to experience small droplets of solution exiting the nose for some time after irrigation. Carry tissue for 20 minutes after irrigation in case this occurs.



USE OF THROAT IRRIGATOR

Throat irrigator directions:

1. Attach Grossan Original Throat Irrigator Tip™ by aligning the tab on the tip shaft with the groove in the handle, and pushing carefully until it clicks into place.
2. Fill reservoir with warm water. You can irrigate with plain water or add one teaspoon of salt to reservoir for a pleasant saline rinse. In addition, you may use favorite mouth wash(dilute approximately 10:1, or according to instructions).
3. Always set irrigator at lowest setting. Turn on and off at the handle.
4. Set the throat tip so that length is parallel to the tongue, to the right of the midline. Aim for just behind the last lower tooth.



Right Side



Left Side

5. Lean over the sink. Turn on machine. A gentle stream will massage one side of the throat and exit the opposite side of the mouth.
 6. Turn off machine. Rest a moment. Switch to the other side and repeat steps 4 and 5. One reservoir of the solution is all that is required for both sides.
 7. Turn off the unit and rinse thoroughly with clear water.
 - ☛ For daily fresh breath, use once in the morning.
 - ☛ For Halitosis, use 2 to 3 times a day.
 - ☛ For onset of sore throat early stages use 4 times a day.
 - ☛ For severe infected throat, follow your doctor's direction.
- The Grossan Original Throat Irrigator Tip™ sends a gentle, pulsating stream over your throat. Unlike gargles and mouthwashes, the pulsatile action gets into the deep crypts, folds, and crevices of the tonsils and throat to massage and soothe.



TONGUE CLEANING

- Food particles and debris may lay stagnant on the tongue. Use the tongue scraper by gently moving from back to front. You can do this without the stream, then use the stream when you finish, with the stream set low. If there is any bleeding, stop and see your doctor. Do not use to treat a lesion or growth of the tongue.



BREATH PROBLEMS

Research shows that most minor breath problems come from the nose, mouth, or throat. The odor usually comes from the breakdown of proteins (from stale material in the nose, mouth, and throat). Cleansing the nose and throat with the Hydro Pulse™ removes stale materials there, and takes care of material in the throat from post-nasal drip. Using the tongue scraper takes care of stale material on the tongue. Cleaning the nose, throat, and tongue this way comprises our 3-way breath control system. It is also essential that you floss and brush your teeth daily to maintain fresh breath.

Some abnormal conditions of gums, nose, throat, or even chest can contribute to bad breath, including gastro esophageal reflux. If you have any abnormal condition or disease, seek professional treatment immediately. If you are in treatment for any such condition, it is OK to ask your doctor about your breath. Some dentists may recommend chewing parsley, mint, cloves, or fennel seeds, and keeping the mouth moist with plenty of water; ask your doctor for their recommendation.

Anything that dries the mouth can lead to odor because the natural flora of the mouth is no longer washed away so the bacteria multiply and give off odor. Fasting, dieting, dring medications, dry mouth on awakening are common causes. Certain conditions that decrease saliva flow cause "stasis" of the salivary liquid and dryness of the mouth.

Persons with periodontal (gum) disease should seek professional dental care right away.

"Sinus and throat irrigaton with the Hydro Pulse™ Nasal/Sinus Irrigation System is one of the most effective methods to help control malodors resulting from excessive mucous, post-nasal drip, tonsil stones, and sinus infections. The Hydro Pulse™ helps to minimize the amount of excess mucus in the back of the throat and more importantly to make sure you neutralize the odor caused by this excess mucus. For best results, we recommend a combination of this easy-to-use home instrument with an oxygenating oral rinse and toothpaste such as TheraBreath as the primary ingredients of any breath treatment program."

Dr. Harold Katz,

Founder of The California Breath Clinics
and TheraBreath Products



FREQUENTLY ASKED QUESTIONS

Q1. What are the health benefits of throat irrigation with the Hydro Pulse™?

- The throat irrigation tip is provided for relief and management of minor throat discomfort or soreness. This method removes stale material from the crypts of the throat and tonsils, providing less material for bacteria to breed in. The tonsils and throat are gently massaged with a pulsating action. Although some patients report better health of the throat with throat irrigation, throat irrigation is NOT a substitute for proper medical attention for any condition. If you have any abnormal condition, seek professional medical attention immediately.

Q2. How often should I irrigate the throat?

- For general breath, once a day.
- To prevent a sore throat or at the earliest onset of a throat problem, twice a day.
- After a sore throat has been treated with medication, but still persists, two to three times a day.

Q3. Can I use the same solution for my throat after I finish the nasal irrigation?

- Yes, you can use the nasal solution for the throat. But you cannot use any ordinary throat solution for nasal irrigation.

Q4. If the Hydro Pulse™ nasal, throat and tongue treatments don't work, what is the problem?

- There are some causes of breath problems that the Hydro Pulse™ cannot completely control. You must brush after meals and floss daily. Dryness of the throat or mouth may be caused by medication, and this may cause bad breath. Eating yogurt is often beneficial to restore the normal mouth bacteria after taking antibiotics. Acid reflux (GERD) and periodontal disease may also contribute. If you have any abnormal condition which contributes to breath problems, see your doctor or dental health professional.



MAINTAINING YOUR MACHINE



After every use: Refill the reservoir with plain water and run at least 250 cc (half a reservoir) through the machine to remove any possible salt deposits. Failure to flush with plain water after each use voids the warrantee.



After every use: Empty and dry the reservoir thoroughly after use. Place the handle in the sink so it is lower than the machine, and let all water drain from machine. Replace reservoir, making sure to close the lid.



To prevent salt deposits, approximately every two weeks of use, mix three tablespoons of plain vinegar with 500 cc of plain water, and run through the machine. After the vinegar, run a full reservoir of plain water through the machine. If there is an unexplained drop in pressure from the machine at any time, try the vinegar solution.



If you like, you can sterilize the machine with bleach. Add 450cc of water to the reservoir, then add 50 cc of bleach. Run about 100cc through the machine back into the reservoir. Place any used attachments into the reservoir, taking care the bleach solution does not touch skin or eyes. Carefully time 10 minutes. At the end of 10 minutes, immediately run the solution into your sink for one minute. Discard the bleach solution and rinse the reservoir and attachments thoroughly. Run two full reservoirs of plain water through the machine. The next time you use the machine, if you notice any bleach smell, run another reservoir of water through the machine. You can sterilize up to once per week, for example, if the machine is under constant use. Never use bleach full strength - this will damage the motor, seals, and tubing.



You can also sterilize the machine with Hydrogen Peroxide. Add 200cc of 3% hydrogen peroxide solution into the reservoir. Attach tip to handle. Place tip into peroxide solution. Run machine for one minute. Let stand two hours. Rinse and Dry.



TROUBLESHOOTING GUIDE

<i>Problem</i>	<i>Cause</i>	<i>Corrective Action</i>
<i>Pulsatile nasal irrigator is not functioning</i>	<i>Improper connection with the power source</i>	<i>Unplug and plug it again.</i>
	<i>There is no electricity in the socket</i>	<i>Try other sockets and plug it again</i>
<i>Motor is not working</i>	<i>Motor may be overheated to cause the auto safety system to be turned on</i>	<i>Wait for 10 minutes until the motor is cooled down It will start again</i>
<i>Pump makes noise but no solution flows</i>	<i>The reservoir is empty</i>	<i>Refill the reservoir with water</i>
	<i>Pump is not primed</i>	<i>Follow instructions given on p.1 for priming pump</i>
<i>Water pressure is too low</i>	<i>Pump pressure adjusted too low</i>	<i>Adjust the knob to the correct pressure (see p. 2 part 5)</i>
	<i>reservoir not seated correctly</i>	<i>re-seat reservoir</i>
<i>Stream is weak</i>	<i>Salt Deposit</i>	<i>Run dilute vinegar one part vinegar to four parts water</i>

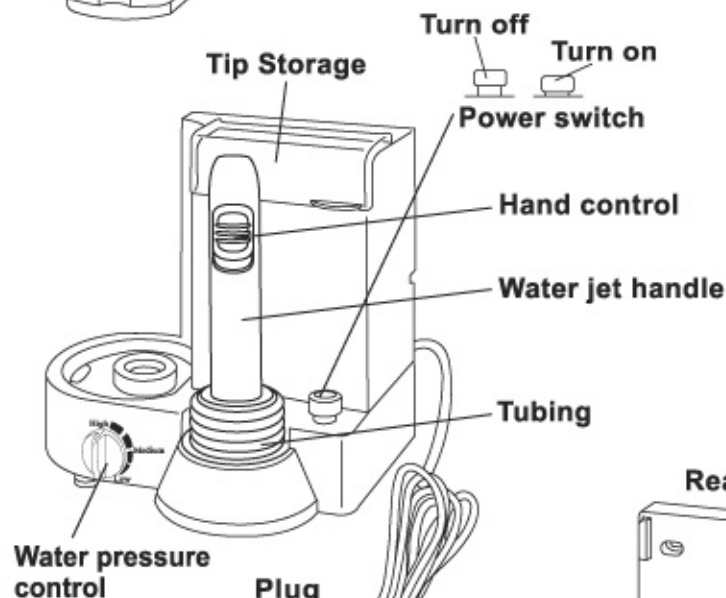


PARTS LIST

Reservoir



Irrigator tips
Two nasal, two throat



Mounting screw

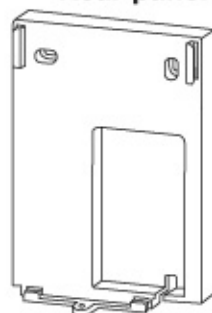


Plastic anchors



Safety screw

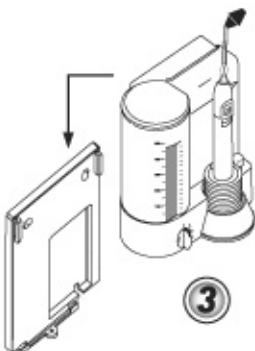
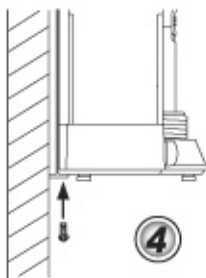
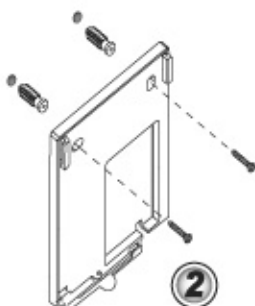
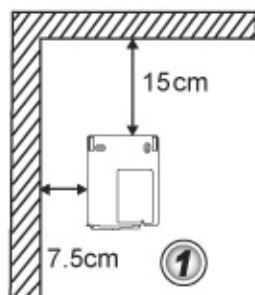
Rear panel





OPTIONAL WALL MOUNTING




- 1** Unit should be mounted with 6 in. (15 cm) top clearance and 3 in. (7.5 cm) side clearance.
- 2** Drill two holes separated by 3.25 in. (8.3 cm) on center. The holes should be 1 in (2.5cm) deep. Install plastic mounting anchors in the holes. Remove the rear panel from the machine and screw it into the plastic anchors to affix it to the wall.
- 3** Place the machine onto the real panel by placing it against the real panel and sliding downward; take care to avoid crimping the power cord by fitting it into the notch at the bottom or the rear panel.
- 4** Install the safety screw as indicated in the figure.







CAUTIONS

The Hydro Pulse™ is an electrical device, and like all other electrical devices, requires precautions to guard against fire and electric shock. Read and understand all cautions. If you have any questions, contact customer service before use.

-  Never use this device where it could become submerged in sink or bathtub.
-  Never use this device if electric cord is frayed, or ifn the plug is broken, or if this device blows a fuse.
-  Do not try to service or modify unit. Never open the unit, as this can short circuit the device.

The Hydro Pulse™ Pulsatile Nasal/Sinus Irrigation System, like any treatment for the body, must only be used as directed. Failure to use as directed could result in permanent personal injury. If you have any questions about the use of this product, contact customer service before use.

-  In all cases, follow your doctor's instructions if they are different from those in these instructions.

-  Please inform your doctor that you are using this product. Be sure to ask doctor for instructions about use after sinus/nasal surgery. Follow doctor's instructions carefully when adding prescribed antibiotic or antifungal medications to the Hydro Pulse™.



SPECIFICATIONS

VOLTAGE	AC120V 60Hz
POWER CONSUMPTION	40W
PRESSURE	0.13N - 0.2N MAXIMUM
DIMENSION	180(H)X175(W)X145(L)mm
WEIGHT	1350g

- **Unplug machine before cleaning.**
- **Do not autoclave the reservoir.**
- **Do not wash main body in hot water.**
- **Never Use Brillo, Steel Wool or harsh cleanser.**
- **Do not clean with alcohol or benzene.**
- **Clean the plug once a year.**



REPLACEMENT PARTS

If you lose irrigator tips or need spare parts, please contact your dealer.



Be sure to save your receipt and ask for a prescription for the Hydro Pulse from your health provider for insurance and tax purposes.



IMPORTANT SAFEGUARDS

When using electrical appliances, especially when children are present, basic safety precautions should always be followed, including the following.

⌂ READ ALL INSTRUCTIONS BEFORE USING

DANGER-To reduce the risk of electrocution:

- Always unplug this product immediately after using.
- Do not use while bathing.
- Do not place or store product where it can fall or be pulled into a tub or sink.
- Do not place in or drop into water or other liquids.
- Do not reach for a product that has fallen into water. Unplug immediately.

WARNING-To reduce the risk of burns, electrocution, fire, or injury:

- A product should never be left unattended when plugged in. Close supervision is necessary when this product is used by, on, or near children or invalids.
- Use this product only for its intended use as described in this manual.
- Do not use attachments not recommended by the manufacturer.
- Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the product to a service center for examination and repair.
- Keep the cord away from heated surfaces.
- Never block the air openings of the product or place it on a soft surface, such as a bed or couch, where the air openings may be blocked. Keep the air openings free of lint, hair, and the like.
- Never use while drowsy.
- Never drop or insert any object into any opening or hose.
- Do not use outdoors or operate where aerosol (spray) products are being used or where oxygen is being administered.
- Unplug this product before filling. Fill reservoir with water only unless otherwise specified by manufacturer. Do not overfill.
- The motor in our pulsatile nasal irrigator has the temperature-over-heated control. When it is overheated, the power will be "off" automatically. Wait 10 minutes to allow motor to cool down.
- Avoid electric shock. Do not remove cover(or back). Refer servicing to qualified service personnel.
- Do not use the nasal irrigator when the nose is completely obstructed.
- Adjust the pressure from low pressure so the stream does not exceed one inch high.

⌂ SAVE THESE INSTRUCTIONS ⌂



IMPORTANT SAFEGUARDS

This product is not a toy and carries the same dangers as any appliance such as a hair dryer.



Electric Shock Hazard.



No User Serviceable Parts.

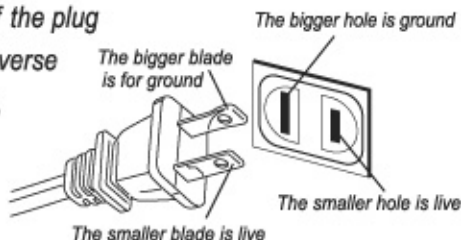


Remove plug from socket.



WARNING

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.





Seven Simple Steps to Sinus Health

Step 1: Make the Diagnosis

- If you get a fresh sinus infection every 4-6 weeks, it is probably the same infection not fully cleared up. Use the Hydro Pulse™ sinus irrigator. If you sneeze and have red eyes during pollen season, you probably have nasal allergies. Use the Hydro Pulse™ sinus irrigator. Are your cilia too low? The doctor can take a particle of saccharin, place it in your nose to see how long it takes for you to taste the sweet taste. Or you can use Breathe-ease™ XL nasal gel placed in the nose, and time how long it takes for the sweet Xylitol to reach the back of your throat where you can taste it on the tongue. This is also useful to determine when your sinus problem is cured - when the cilia function normally. When normal, you taste the sweet taste of Xylitol in 5 minutes. 20 minutes means you have poor function. 30 minutes means you have very impaired cilia function.

Step 2: Use Hydro Pulse™ nasal irrigation to keep the nose clean and functional.

- Use irrigation to keep the nose clean and functional. Avoid products with preservatives such as benzalkonium that can harm the nose. Read product labels carefully - many products thought to be harmless or "plain saline" actually contain benzalkonium or other preservatives harmful to nasal and sinus cilia.

Step 3: Consider complementary treatments.

- Sinus pain may come from swollen membranes. Apply moist heat to the sinus area. Drink lots of hot tea to avoid dryness and stimulate the cilia. I recommend green or black tea, with or without caffeine. Lots of water to avoid dryness, lots of hot tea are helpful. Enzymes such as papain from papaya and bromelain from pineapple, when taken to dissolve in the mouth are useful to reduce sinus swelling and thereby the pain. Clear-ease™ XL is a combination of papain and bromelain that is calibrated in enzyme activity. (Many health food store enzyme supplements are not calibrated-you have no idea what you're really getting.)
If you have trouble breathing or sleeping at night, try lifting the tip of your nose to see if that opens the nasal valve. If it does, if you get easier breathing, tape it up gently at night for better sleep and less snoring.

Step 4: Clean up the air around you.

- Dust, mold and strong odors cause sinus difficulties. Cats, dogs - especially in the bedroom - prevent healing. Dust - proof the bedroom.

Step 5: Check your diet.

- Foods rich in anti-oxidents such as beta carotene may be helpful. A high fat diet without greens will lower your resistance. You need magnesium, selenium, and zinc, too. In general, stay away from processed foods and eat fresh fruits and vegetables instead..

Step 6: Reduce your anxiety level - RELAX!

- Relax! Any condition - an itch, a cramp or asthma - can be made worse by anxiety reinforcement. The more it itches, the more you scratch, the more nervous you get, the more it itches, the more nervous you get, and so on. You can use a mirror to teach your body to relax, in the same way that doctors would use an electronic bio - feedback device. Sit in front of a mirror. Look at the muscles of your face, jaw, and shoulders. Take deep breaths; inhale for a slow count of four, pause, and exhale counting slowly to six. Make your exhalation longer than your inhalation. As you exhale, make the muscles of your face, jaw, and shoulders relax. Watching your muscles in the mirror will tell you if your muscles are really relaxing. Once you learn what makes your muscles relax, you can do this without the mirror. Be relaxing these muscles, you eliminate the whole - body effects of anxiety. Everyone with problems should do this regularly, but this method of relaxation is especially important for asthmatic kids, to reduce the severity of attacks.

Step 7: Choose the most effective treatment.

- Choose the most effective medical treatment. Today there are newer antihistamines for allergy that don't cause much drowsiness. They can be combined with a decongestant. If your system is exhausted - after sneezing non stop for 6 weeks, complete rest in bed is effective in restoring your natural cortisone. Or your doctor may prescribe a short course of prednisone which somewhat does the same thing. Some nasal sinus problems come from acid coming from your stomach into the nose and throat. Follow the directions for avoiding this problem including elevating the head of the bed, avoid eating after 8 PM, avoid spices and take an antacid your doctor may recommend.

Everyone wants to avoid more medication, but if your doctor recommends it, take it. In all cases, ask your doctor, and follow their advice.



General Rules of Sinus Health

Sinusitis occurs in over 35 million persons in the USA. What usually happens is that an infection causes the cilia to slow down. (Meltzer *). This allows a secondary infection to take place. X rays may show mucus or pus filling the sinus. The presence of this pus makes you ill. treatment usually includes the measures described here plus other medications your doctor may recommend.

Never blow your nose hard. Sneeze gently, both sides open. Hot drinks - tea, chicken soup - speed the cilia of the nose. Ice drinks, fatigue, slow the cilia. Drainage, which is yellow or green, often means an infection. Hot compresses to the sinus are helpful, over the nose, above and below the eyes. If a child has green, foul smelling drainage out of one nostril only, a foreign object may be lodged in the nose and the child should be examined at once.

Why do we have sinuses? The eyes have to be a certain distance in order to have binocular vision. The ears need to be positioned to have stereo hearing. The brain needs to be a certain size. If the head were solid, without hollow cavities, it would be much heavier and it would require a huge neck. So we have hollow cavities above, between, below, and behind the eyes. They also help warm and moisten the air, and fight bacteria. They help the voice resonate.

A sinus infection may become chronic. This often means that the cilia are not doing their job of moving mucus and bacteria out of nose. Moisturizer spray (without preservatives), pulsatile irrigation, lots of liquids to thin the thick mucus helps - along with compresses to the sinuses, and hot tea with lemon.

☞ **Allergies:**

The body sneezes when you inhale too much dust in order to get the dust out of your system. The body is supposed to make extra liquid to dilute the dust from your nose. The allergic individual sneezes whit just a little bit of dust. The longer one sneezes, the more exhaustedone gets. Today there are many excellent medications the allergic individual can take. When these fail to work, it usually signals the body is exhausted or infected. When your allergy is severe, avoid spicy foods and lotions. Women should switch to unscented lipstick and avoid perfume. In most locations plants pollinate at 5 AM and 5 PM. Allergic individuals should sleep with their windows closed. to avoid the 5 AM spread, and drive with windows closed in the afternoon with the air recirculated.

Allergy sensitive individuals generally experience difficulty regulating body temperature. Chilling causes problems. The worse thing you can do in the morning is throw off the covers and walk barefoot on the cold floor. This will start the whole cascade of sneezing and hacking. To avoid this, the best cure is breakfast in bed - yes, you heard right. Not so difficult, just prepare a thermos of hot tea the night before, and keep it by the bedside. Drink hot tea before getting out of bed. This warms the body and avoids the AM sneezing, hacking, etc, which is the body's effort to warm up. Many allergic individuals do better wearing socks and a cap to bed. Carry a jacket with you for going in and out of air conditioned-rooms. Keep all animals out of the bedroom. The allergic child's bedroom must be dust - proofed, and should be as bare as possible. Odors mothflakes, dusty storage will aggravate the allergy. Bare floors are best with rugs that can be washed in the washing machine. Your doctor may recommend nasal moisturizer spray for the asthmatic child. This keeps the nose moist and helps asthmatics by keeping the lower airway moist. This is why Breathe.ease™ XL is made with an easy-to-use child size bottle, so that children can use it comfortably. Avoid moisturizers with benzalkonium or other irritant preservatives.

- If you have allergies you should dust - proof your bedroom and keep pets out too. The latest medical literature suggest that if the newborn child is kept in a dust free room, he will develop less allergy or asthma.
- Irrigation won't cure allergies. However, authors have shown significant relief by irrigation during the pollen season; irrigating during the pollen season can reduce the symptoms sufficiently so that you require much less medication by removing the pollen from the nose as well as the products that react with the pollen.
- Allergy doesn't cause sinusitis. When the allergic individual reaches a state of "allergy exhaustion" (sneezing and coughing and other allergy symptoms for some time), this causes the cilia to fail to work properly, which then allows the infection to take hold. Avoid exhaustion by rest and reducing anxiety level. More on asthma and sinusitis by Dr. Grossan at www.hydromedonline.com.

➤ **The Workplace:**

Dust, paint fumes, solvents, soldering fumes, chromium dust any many other products cause nasal and chest symptoms. Industry is required to provide MSDS - medical safety data sheets. However, new products are presented almost daily. If you suspect that any dust (even regular dust) or chemical you can breathe at your work place is irritating you, it is beneficial to cleanse your nose. If you do not have access to a Hydro Pulse™ at your work, or at a remote work site, Hydro Med, Inc. has

➤ **The Workplace:**

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➤ **The Common Cold:**

Can you prevent colds? If you frequently catch colds, try irrigating, especially when everyone around you has a cold. The common cold virus enters the body through a nasal element called ICAM-1. By irrigating, you remove the ICAM-1 and this may prevent the common cold.

You can make a difference. Help stop the overuse of antibiotics. Send these Health Tips to your friends.



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Hydro Med Products

Available at your local pharmacy, health store, allergy store, or at www.hydromedonline.com.

- **Breathe-ease XL™ (BEJ)** is a new enhanced nasal moisturizing and irrigation formula that is effective and gentle for cleansing the nose and sinuses. Specially formulated for pulsatile sinus irrigation and all other nasal/sinus irrigation and cleansing. More gentle than plain saline! Breathe-ease™ XL contains no preservatives or additives that might burn or sting. Carry the handy pocket-sized spray bottle with you to moisturize or cleanse wherever you go. Each package contains: 1 Jar (190 g powder), measuring spoon, and handy spray bottle.
- **Breathe-ease XL™ Packets (BEP)** -Breathe-ease XL™ is also available in handy pre-measured packets. All you do is open the packet, fill the Hydro Pulse™ basin, and mix. Super-convenient! Each package contains: 33 packets.
- **Grossan Nasal Wash System with Breathe-ease XL™ and Lavage Bottle™ (LVG)** Includes a squeeze bottle with nasal tip, measuring spoon, and Breathe-ease XL™ for cleansing the nose anywhere with access to clean water. Great for cleaning after exposure to dust on the job, to chlorine at the pool, etc.
- **Clear-ease™ (CE)** is a natural enzyme formula that helps maintain a healthy respiratory system including nasal passages, throat, and sinuses. Maintaining good respiratory health allows you to clear your ears in flight and in SCUBA diving, and keeps your voice performing in top condition. Thins mucous, soothes the throat. Great for anyone who uses their voice professionally - salespeople, singers, teachers, public speakers, etc. Great for SCUBA divers for clearing the ears. Works super-fast! The only enzyme product designed to be dissolved between cheek and gum for real absorption (other enzyme products you swallow are just inactivated by stomach acids). Great Fruity taste. Soothes TMJ (tempromandibular joint). Each package contains: 60 lozenges.

➤ **Breathe-ease XL Nasal Moisturizing Gel™ (BEG)** A new way to moisturize your nose anytime, anywhere. Great for people in dry climates where unpleasant crusting occurs, in winter weather where dryness is a problem (especially for skiers), for keeping your nose in good health in the dry, contagion-filled environment of airplanes, great for keeping nasal membranes moist anywhere. Just a dab in the nose is all you need to banish dryness for hours. Great for dryness due to CPAP or oxygen therapy! The new, unique ITN (In The Nose) tip makes keeping your nose moist & healthy easy and comfortable. Each package contains: One tube of Breathe-ease XL Nasal Moisturizing Gel™.

➤ **The Sinus Cure.** Get the definitive book on sinus health: *The Sinus Cure* by Murray Grossan, MD and Debra Bruce. A step-by-step solution to all your sinus problems, from a leading specialist in otolaryngology, and a leading popular writer.



Help stop the overuse of antibiotics. You could save the life of someone you love.

Because of the overuse and abuse of antibiotics, there are more and more drug resistant bacteria showing up daily. Each neighbor that takes an antibiotic any time they have a sniffle helps make these bugs more resistant. This happens right in your town when your friends abuse antibiotics. You have learned several drug free methods to handle common nose and throat conditions. Please copy these suggestions and tell your friends about them. Have them check our websites too. Then next time they have a sniffle they will take hot tea instead of an antibiotic and you will have fewer drug resistant bacteria in your town.



WARNING



Always remove plug with dry hands. Remove plug from socket for storage and maintenance. Never remove cord by pulling the wire



Never place Hydro Pulse into water. Never use with the shower or where unit can get soaked.



If plug is dusty, clean it before inserting into wall. Good advice for any plug.



If cord or plug is damaged, return to dealer.



The plug is polarized which means that it will only fit one way into a polarized outlet. Doesn't fit? Try reversing the plug. Never force the plug in. Some old outlets may not accept a polarized plug. See your electrician. Do not attempt to defeat this safety feature.



Never take the machine apart to repair it. Repairs can only be done by our trained personnel.



Use 120 volt only. If you only have 220 volt, you must use a converter. If you are subject to electric surges or extreme power fluctuations should use a surge protector and unplug between use.



NOTICE



To remove the plug, hold the plug head tightly and pull the plug, **NOT THE WIRE**, straight out without wiggling.



Nasal tip is for nose only and not for throat or ear. Throat tip for throat only and not for nose or ear.



Do not use outdoor.



When attaching to the wall, follow directions. Be sure it is secure.



Keep out of the hands of children. Children 5 years and older can use the nasal irrigator but must be supervised. If children are using this, it is recommended to store it out of reach between uses.



Do not run continuously over 10 minutes. Be sure there is water in the basin before turning Hydro pulse on.



Do not use in presence of volatile gasses or sprays such as spray paint.



Do not use in an operating room where there are volatile gasses such as ether.



Do not overfill the tank. Always empty the tank after use. Do not allow water to sit in the tank.

**This product is guaranteed
for one year from date
of original purchase.**

Reimbursement:

To get insurance reimbursement you should present:

- a. a receipt
- b. a note from your doctor: Diagnosis
- c. a note from your doctor with a diagnosis, including the diagnosis code for the Hydro Pulse™, A4319.
- d. The list of References given on P.25 .

Hydro-Pulse™ is manufactured in Taiwan for:

Hydro Med., Inc.

12 0 0 Sepulveda, Blvd.

Mission Hills, CA 91345

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Tel: (800) 560-9007 Fax: (818) 377-3426

Email: Sales@hydromedonline.com

Visit us on the web at www.hydromedonline.com

Help for your friends with sinus/allergy problems

Several recent articles in the most distinguished medical journals have linked overuse of antibiotics to a wide array of health problems, even breast cancer.

You can personally help those around you with sinus and allergy problems. Feel free to copy any of our sinus/allergy tips in this booklet to give to friends. This way you can help others find a drug-free approach to allergy and sinus relief and even better overall health.

Thank you.

Murray Grossan M.D.