STEAM INHALATION
FOR
RESPIRATORY
AND
SINUS CONDITIONS

Compiled by
Campbell M Gold
CMG Archives
http://www.campbellmgold.com
(2012)

--()--

IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation which may appear herein.

--()--

Procedure for Steam Inhalation for Respiratory and Sinus Conditions

Boil a kettle of water, and pour it into a suitable bowl.

Add a couple of drops of suitable decongestant therapeutic aromatherapy oil (two oils can be added if desired - Tea Tree and lavender is a good combination):

- Tea Tree
- Albas
- Lavender
- Eucalyptus

Place the bowl on a table, sit down, lean over the bowl, close the eyes, drape a towel over the head, and inhale the steam into the nose, sinuses, and lungs.

The steam will help to relieve congestion, and the oils will augment the steam and will help to deal with infection.
Continue to inhale the steam into the nasal passages and respiratory tract for as long as is comfortable.

Inhaling the steam for 10 to 20 minutes, 2 to 3 times a day is recommended for all conditions.

Alternatively a vaporiser/Humidifier can be used to disperse the water and aromatherapy oil(s).

---

**Hydrogen Peroxide - Vaporizer/Humidifier**

Use 30 to 60 ml of 35% H2O2 per 3.8 litres of non-chlorinated water (distilled preferred) in a vaporizer/humidifier - this especially improves night-time breathing in lung disorders.

End

---

http://www.campbellmgold.com

22082012