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<input type="checkbox"/>	TRIPLE GARGLE
	Mix in following proportions:
	1/4 Peroxide 1/4 Cepacol mouth wash 1/2 Water
	Gargle gently and spit out

<input type="checkbox"/>	SALT WATER SOLUTION
	(For use in throat or nose)
	Boil water first and let cool to room temperature.
	MIX:
	1 teaspoon table salt with 1 quart water
	Use nasal spray bottle provided by the physician

<input type="checkbox"/>	NASAL SPRAY
	6 ounces water 1 tablespoon white Karo™ syrup 1 teaspoon salt 1 teaspoon baking soda
	Mix and spray in nose three times a day.

Please follow the one regimen selected by your doctor.

