

# Sinus Lung Steam Routine:

Cynthia Foster, MD • DrFostersEssentials.com

There are a few ways to do steam inhalations. Steam often kills respiratory pathogens – bacteria, viruses and fungi that cause infections. Adding essential oils to the steam almost doubles the effectiveness of the steam.

## Using a Personal Steam Inhaler:

A personal steam inhaler like the Mabis or Veridian works best for this. They are sold on Amazon.com for around \$35. It has a special compartment that you can add essential oils to. Over the years, I've found that the combination of the steam with the essential oils goes into the sinuses, lungs and ears deeper than essential oils or steam inhalations alone.

This device also has a flexible plastic face mask that targets the steam directly into the nose and mouth better than a simple steam inhalation while leaning over a pan of hot water with a towel over the head (the traditional way of doing a steam inhalation).

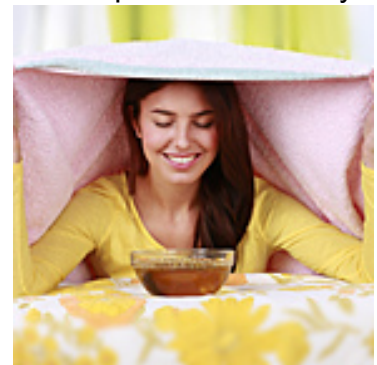


*This routine often helps during colds and flu and bouts of sinus/ear congestion/infections & vertigo– sometimes when everything else has failed.*

- If you have an active infection, you may also want to take Dr. Foster's Essentials [Echinacea Premium Formula](#) or [Germ Blaster/ Cider Blaster](#) or [Cold and Flu Formula](#) Cold & Flu Formula by mouth and you may need an enema or colon cleanse to clear out colon toxins. If you have an ear infection, you will also want to massage your ears in all directions to help open up the circulation around the ears and you may also find it helpful to apply [Celebration Essential Oil Blend](#) around the outside of the ears and behind the ears and repeat twice daily.
- To do this routine, add distilled water to the inner compartment up to the line. Then, on the outside of the unit, there are 2 additional compartments – they're usually either purple or green miniature collecting bins. On the right side, water and essential oils are taken up through the tubing where they can be turned into steam and released out through the facial mask.
- Plug in the device. Add 5 drops of Dr. Foster's Essentials [Germ Shield Essential Oil](#) and if there is an infection, an additional drop of Dr. Foster's Essentials [AV Essential Oil Blend](#).
- Add water to the compartment on the right side – there is usually a small measuring cup you can fill up with water and then empty into the compartment – usually it's green or purple. This will be the side where the tube enters the compartment.



- The essential oils are going to sit on top of the water, so you may need to stir this mixture a little before turning on the device. Turn on the device – the on/off switch is located on the cord. The device will run for around 22 minutes.
- If the steam is too hot for your face, you can back away a little. Be careful to back away from the mask enough so that you don't burn yourself. Make sure to inhale as deeply as possible for the full 22 minutes to get the steam deeply into your sinuses and lungs.
- There should be two settings on the neck of the device. One is for the sinuses and one is for the lungs. The setting for the lungs allows for larger droplets of steam to come out and is more specific for healing the lungs. The setting for the sinuses allows for smaller steam particles and is more specific for healing the sinuses. Please refer to your product directions for more specific information.
- This routine should be done at least once daily and can be repeated up to 3 times daily if needed to help decongest the sinuses and lungs and to fight infection.



### **Steam Inhalation From a Pot or Bowl:**

If you cannot find a personal steam inhaler, you can always do an old-fashioned steam with a pot of boiling water that you take off the stove, pour into a large mixing bowl and place on a heat-resistant countertop. Add around 10 drops of essential oils, then lean over the bowl with a towel over your head and inhale for around 15 minutes each treatment. Breathe in the vapors with long slow deep breaths if possible, inhaling as deeply as you can, bringing the healing benefits of the essential oils deep into your lungs.

### **Steam Inhalation in Your Shower:**

Create a steam room in your bathroom by closing all windows and doors to your bathroom. You can also seal the area under the door with a towel to prevent steam from leaving through the bottom of the door. Plug your bathtub drain with the bathtub stopper or a flexible mat to block the drain and drop 7 to 10 drops Germ Shield at the bottom of the tub right where the shower water hits, preferably in front of you when you are standing in the shower. Inhale the vapors deeply for around 15 minutes per treatment, adding more drops of Germ Shield if needed.

### **Steamless Inhalation:**

It's my experience that the combination of the essential oils with the steam is more powerful than either technique on its own. Steam is an additional aid to liquefying hardened mucus in the sinuses and lungs, making it easier to eliminate. But you can still use Germ shield without the steam if you are in a rush or out of your house. Simply pour out a drop in the palm of your hand and either use a cotton swab, a piece of facial tissue or your finger to line the inside of each nostril with it). Wash hands afterwards. This helps almost immediately decongest the sinuses as well as to kill germs in the sinuses and lungs and it can also help prevent any viruses from penetrating through your nose (where they would cause a cold or flu). If you can't put the essential oil in your nostrils, you may get a similar effect by placing the Germ Shield just under your nose or by placing one drop in the palms of your hands, rubbing them

together, cupping your palms over your face and inhaling deeply for several minutes (with your eyes closed). You can also use 1 drop of Germ Shield as a hand sanitizer.

## Using a Nebulizer:

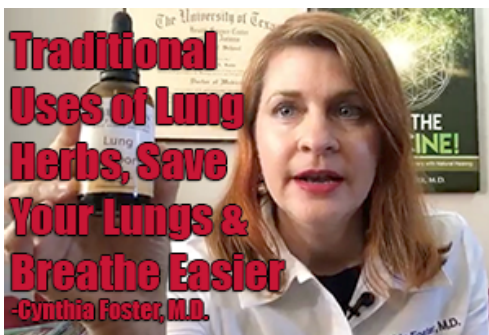
Essential oils cannot be used in any machine with rubber parts, but you can use other ingredients with a nebulizer. If you have a nebulizer already, you can inhale diluted food grade hydrogen peroxide in the nebulizer 1 to 3 times per day (around 10 minutes run time) to help fight infections in the respiratory tract. Use 5 to 10 drops food grade hydrogen peroxide in 5 ml distilled water. Start with the lowest number of drops of the 3% hydrogen peroxide and increase gradually up to 10 drops per 5 ml water to see what dose works best for you.

Tap water contains chlorine and other chemicals, so don't use tap water. Do not use the regular 3% peroxide in the brown bottle from your local drug store. This peroxide contains chemical stabilizers that are not safe to inhale. The peroxide **MUST** be 3% **food grade** hydrogen peroxide (sometimes abbreviated as FGHP). Don't use 35% food grade hydrogen peroxide – this is a highly concentrated hydrogen peroxide that can be very caustic - it must be diluted down to 3% before using, otherwise, it can hurt your lungs.

## YouTube Videos and Articles for Even More Info:

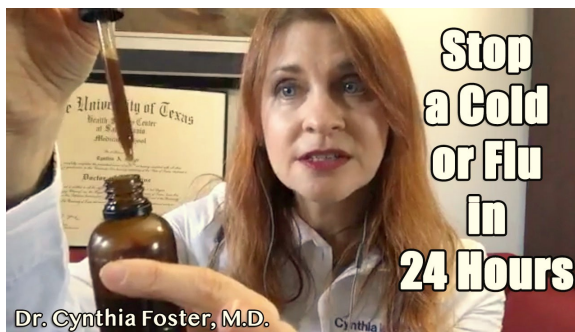
For more extensive information about what to do for colds and flu, please see the following videos on Dr. Foster's Essentials YouTube Page:

[YouTube.com/DrFostersEssentials](https://www.youtube.com/DrFostersEssentials):



How to Save Your Lungs & Breathe Clearly Again Naturally:

<https://bit.ly/3v30mvq>

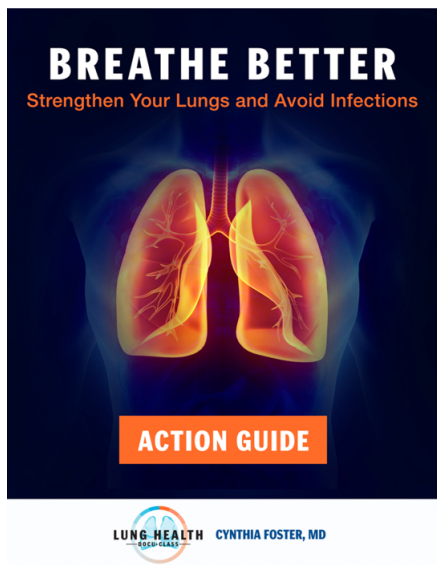


Stop a Cold or Flu in 24 Hours:

<https://bit.ly/3K5vPRS>



Natural Remedies for Colds and Flu:  
[drfostersessentials.com/store/Cold\\_Flu\\_Season.php](https://www.drfostersessentials.com/store/Cold_Flu_Season.php)



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**Good Luck and Good Health To You!**

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