

WE ALL HAVE A NOSE

Our nose has over 1,000 genes associated with smell with 10 recognized distinct smells. You and I can distinguish about 1 trillion odors from about 400 different receptors distributed in the face cavities. It leads our digestion, arousal, awareness, and many other aspects of our life. Eighty percent of what we taste is determined by our smell. It is often the first place we feel a cold coming on as our sinuses plug up.

Unfortunately, when we sleep our sense of smell turns off -- that is why a burning fire smell may not wake someone up. If you think our smell is great, check out dogs -- with about 6 million to our 400 receptors, a dog can smell from 10,000 to 100,000 times more acutely. They are able to distinguish parts per trillion! Imagine distinguishing 2 teaspoons of sugar in one million gallons of water.

The nose is the primary path for breathing, humidifying the air, cleaning the air, regulating air temperature, protecting us, shaping the sound of our voice, and helping us find a mate.

Lavage is a wonderful word describing the cleaning out of a body part. One company calls their nose product a **NAVAGE**.

It works to pull the proper mixture through the sinus passages with suction. One can reverse the flow and repeat the experience pulling in the opposite direction.



<http://www.navage.com>

As one mother said when they began using the **NAVAGE** regularly, the sinus infections of their child simply went away. It reminds me of the medical trial to test whether cold in our nose could really make us get a cold. Yes, it can. Why? Because the cold causes the blood to recede, the control of bacteria sinks deeper in the body allowing a cold to fester and take hold.

Often with **Covid-19** the sense of smell is lost. According to Chinese herbalists in Wu Han, the **Covid-19** virus stays in the mouth for four days before attacking the lungs. They recommend rinsing the mouth every fifteen minutes. Wash the virus out of the mouth to be killed by gastric juices. Even better, sip warm lemon in the appropriate Yogi or Traditional Medicinal's tea. Also, use the **NAVAGE** regularly to restore the function of the nose.

*By David Scott, A Natural Health Advocate.
This article does NOT offer medical advice and you should always consult your physician before taking any supplement.*

NAVAGE is an extension of the neti pot using the suction to pull the cleaning fluid through the nasal passages -- helping to clear up infections.

Smell captures a trillion different odors going far beyond our ability to comprehend. It ties into our memory directly. Smell is 80 percent of taste warning us when things go bad. Smell captures many moments of our lives far beyond our digestion.

The hardest work our body will ever do is to digest a meal. Strive to relax starting with the wonderful smells of a meal. Make each meal time a savoring moment ... embrace food as a favorite pastime.



*Here's
To Your
GOOD
Health!*

