



Madison Yount

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[My Website](#)

Guard Your Gates:

Below are my favorite ways to guard your nose and throat gates.

- Bee propolis nasal spray (safe for kids; use daily 1-2x a day for best immune support). For rinsing, I like [this](#).
- Bee propolis throat spray (they have a kids version; safe for kids; use daily 1-2x a day for best immune support)
- Daily throat gargles with salt water. I have a post on throat gargles and why they're so important for illness prevention and decreasing illness duration. [Click here](#) for that information.
- Other nasal sprays I like: Xlear, Nutribiotic's Citricidal Nasal Spray
- You can find all of the above in my [Fullscript](#)
- The best oral probiotics are Researched Nutritionals' OraMax is Fullscript
- [Click here](#) for a fantastic gum oil that can prevent and decrease illness
- [Click here](#) for all of my favorite immune supports in one place.
- [Click here](#) for my favorite immune supplement that my clients and I swear by!

Waterpik Recipes:

My favorite waterpik recipe:

- ¼ tsp [sea salt](#), ½ tsp [baking soda](#), 10 drops [12% food grade hydrogen peroxide](#), fill the rest of the reservoir with distilled water

Other Recipes to add to the WaterPik:

- [Grapefruit Seed Extract](#) drops (15-30 drops in distilled water)
- BioPure's Cistus Mouth Wash (add 10-20 drops in distilled water)
 - Can purchase [this here](#) (registration code: MY3239). Great for gargling before, during, and after illness

The [Waterpik I personally own](#). I love this one because you can purchase replacements parts for so cheap!

Everything that is underlined is linked for your convince.