



Home Community ▸ Links Directory GuestBook Country Info Calendar Register Login Bronchiectasis R Us Stats

Welcome Guest

Name:

Pass:

☒ Auto Login

Add me to Active Users list

Yes ☐ No ☐

[Forgot password?](#) | [Register](#)

Top 10 Recent Posts

[ANNE B big day.](#)
Last Post By: [Penney](#)
Forum: [The Happy Birthday Forum](#)
Posted: **Today at: 8:06am**

[Stations](#)
Last Post By: [ecatherine](#)
Forum: [Other Tests](#)
Posted: **Today at: 7:28am**

Online Activity

[People Online: 22](#)

Guest(s): **20**
Member(s): **2**
[Penney](#), [shanniellars](#)

Memberships: 3209

The Newest Member is [JUdy1952](#)

Most Online: 131

Occured: 25 November 2013
Members[0], Guests[131]

Birthdays Today

Total: 1

[mike2305 \(61\)](#)

Top Tips

[Bronchiectasis R Us Forums»Top Tips](#)

Topic: RECIPE for saline & hypertonic saline

Forum Jump

Author

[shanniellars](#)
Nurturer



Joined: 24 October 2009
[United States of America](#)
Posts: 4969
Gender: Female

Message

Posted: 28 July 2012 at 5:09am | IP Logged

[Prev Topic](#)

[Next Topic](#)

I get a lot of requests for this, and it suddenly dawned on me that I could post this here for folks (though I never mind sending it to people who ask)

This is the basic way to make your own saline or hypertonic saline cheaply and easily at home. Anyone who has any questions can PM me, and I'll do my best to answer them. This LOOKS like a lot, and may look complicated, but it's really NOT. It's no worse than measuring out salt for a cake---but in this case, you pour it into water and not the cake batter!

Okay, this is a document I made up some time ago, since I do get asked this question quite a lot, being as I'm in three different lung groups, lol!

This info I'm sending won't help you in terms of which brand of salt to buy, since you don't live in the US, but it still gives you the info on how to figure out how much salt to use to make normal saline. Normal saline is the amount of salt in human tissues, which is 0.9% (less than one percent of our bodies is salt---and most of us eat a whole lot more than that every day!)

In order to make normal saline, or any other type of saline, you have to get the right salt and water first. Water should be distilled---tap and 'drinking' or 'bottled' or 'spring' water are not good for this; distilled has all the 'grit' and metals and mineral stuff steamed out of it, so that's why you need distilled. Some people DO use boiled tap water, but it would be better if your water is 'soft' if you are going to do that. Contrary to popular thought, tap water is NOT free of bacteria, and boiling will kill most but not ALL bacteria. So distilled is really the way to go, if at all possible.

Most groceries in the US carry it right alongside of all the other bottled waters...I get it in gallons all the time, very cheaply. Walmart has rows and rows of it, too---they NEVER seem to run out of it the way other stores do.

Next, there is the salt. Kosher or pickling salt will do, and so will ANY salt that specifies "uniodized" or "plain" (this labelling is how it appears in the US; it may be different in other countries). What you are looking for is salt that does not have iodine added to it, nor any anti-caking agents. The one ingredient listed should be SALT, nothing else.

That said, it doesn't hurt to say that unrefined sea salt can also be used, as long as it has no additives; I'm about to try that soon, myself. That has trace minerals which should not be a problem for use in this. I also want to use that for my diet, and see if it's any better. Most people don't like unrefined salt, as it's rather gray or yellowish, but I don't care about that, myself; I care about what HELPS me.

Okay. You've got your distilled water and your box of salt. Look at the nutrients label on the salt, and find out how many milligrams (mg) of sodium is in the salt. In the US, most brands list this number as how many milligrams of sodium are in each 1/4 teaspoon. This is where the math comes in.

To make one liter of normal saline, you will need 3.5 grams (or 3500 mg) of sodium (salt). You don't really need to be fanatic about measurements, here. If you get a little too much salt, you will have a slightly more hypertonic solution; a little less, and it will be slightly hypotonic.

This is important because the number of milligrams per 1/4 tsp. (or whatever measure they use on your salt) can vary from brand to brand, and even within brands. This is natural; salt from one area of the world may have more sodium than salt from another area. Also, it depends on how coarsely the salt is cut or broken; usually, the finer the grains, the more sodium per measure it will contain. So look for that number on the package.

So, for example, if the salt you have says it has 450 mg of salt in each 1/4 teaspoon, you will need:

3500 divided by 450 equals 7.7, or just over 7 1/2 quarter-teaspoons of salt (of course, it's much easier to say 'a bit less than 2 teaspoons, and go with it that way).

Now, since normal saline is equal to 0.9% salt (just under 1%), all you have to do to make 2% is double the salt; you want 3%? Triple the salt...you can make ANY percentage that you want, just by adding another equal dose of salt.

Of course, you get to a point where your body can't STAND that much salt, and eventually, you also get to a point of saturation, where the water can't HOLD any more salt.

But you get my meaning. I use 3% for my sinuses, because I just can't stand any more burning sensation than that. I do use 7% for my nebs, to inhale for lungs, though. My lungs can tolerate what my sinuses can't.

I usually make a gallon at a time of normal saline. For me, this is easiest, as the water comes in gallons here.

If you are using distilled water, you do not need to boil it. I used to do that until I remembered that the way you GET distilled water is to superheat regular tap water until it turns to steam; distilled water is the steam, condensed back into water---in other words, it's heated PAST the boiling point. So boiling it isn't going to make it any more sterile than it already IS.

So, to make the saline, you just measure out the amount of salt you need for the type of saline you want to make (normal or hypertonic), measure out the amount of water you need for the amount of saline you want, and pour the salt into the water. If you use a container with a lid or cap, then all you have to do is put that on and shake it up---the salt will dissolve. Takes a bit more shaking for hypertonic, but that is all.

Oh, yes---if you're using this for SINUSES, you can also add a couple of pinches of plain old baking soda; this apparently eases the 'burning' some. I haven't gotten around to trying it, but I may; I'd kind of like to get my salt concentration higher, and maybe kill some more bugs in there. But DON'T use that in saline of any kind that you are going to nebulize

and breathe into your lungs! All the literature I've read so far says NOT to do that.

Oh, yes---saline/hypertonic saline can be stored in the fridge for up to a week. For sinus use, take out what you're going to use about a half-hour before you want to use it, because it can really give you a headache, right from the fridge! I don't hesitate to keep hypertonic saline for a couple of days, unrefrigerated; there just are NOT that many bugs which can survive through that much salt!

*The butterfly counts not months but moments, and has time enough.
 *A ship in harbor is safe, but that is not what ships are built for.
 *Where you tend a rose, my lad, a thistle cannot grow.
 Laurel

[Back to Top](#)

 **Big Ed**
Newbie



Joined: 17 October 2012
 [United Kingdom](#)
 Posts: 19
 Gender: Not Specified

[Profile](#) [Search](#)

Posted: 06 November 2012 at 8:01pm | IP Logged

[Quote](#)

NASAL WASH ONLY: If my water is too cold for nasal wash I just nuke it (microwave) for 20/30 (900watt) seconds. I check it with my pinky to check its luke warm, not too hot. My netti is microwave and dish washer safe. And there is bicarb in the proprietary nasal washes - so now I do my own , I always use just a pinch in 330ml - only needs very little - after experiencing the sting of saline without.

PND drives you NUTS!!! I thought netti is a con to get chronically ill to part with their money - in desperation thinking its not expensive to try, tried it - ITS A LIFE SAVER. I could go on to the benefits but you'd think I'm selling..
 Ed

[Back to Top](#)

 **shannelars**
Nurturer



Joined: 24 October 2009
 [United States of America](#)
 Posts: 4969
 Gender: Female

[Profile](#) [Search](#)

Posted: 06 November 2012 at 11:32pm | IP Logged

[Quote](#)

I feel the same way, Ed. I have had chronic sinusitis every day of my life (it's part of PCD, along with the bronchiectasis), and I had NEVER breathed through my nose before. Found the lung groups online and someone finally said the magic words "sinus rinses", and my life changed radically from that day on. It really BOTHERS me that no doctor, in 49 YEARS, ever mentioned them to me. It took my fellow sufferers to tell me.

If I had the money, I think I'd go after the docs legally (if any of them were still alive). I mean, that Hippocratic oath says, "First, DO NO HARM". Well, they certainly did me tons of harm for all those years, by refusing to tell me how NOT to suffocate every minute of every hour of ever day. It's hard not to be bitter, but I try to focus on how grateful I am to FINALLY have the answer!!

*The butterfly counts not months but moments, and has time enough.
 *A ship in harbor is safe, but that is not what ships are built for.
 *Where you tend a rose, my lad, a thistle cannot grow.
 Laurel

[Back to Top](#)

 **scarlet**
Newbie



Joined: 07 November 2012
 [United Kingdom](#)
 Posts: 98
 Gender: Female

[Profile](#) [Search](#)

Posted: 18 November 2012 at 7:49am | IP Logged

[Quote](#)

I am sorry if this has been posted elsewhere & my question seems dumb, but I am new to the site and finding my way around

I was interested in a tip that said use a saline nebuliser....is this to loosen sputum in the lungs? or is it for sinuses?

I am interested in this for lossening sputum in the lungs

Does anyone know if this is a good thing to do?

Thank in advance for any help or info on this

Scarlet

[Back to Top](#)

 **shannelars**
Nurturer



Joined: 24 October 2009
 [United States of America](#)
 Posts: 4969
 Gender: Female

[Profile](#) [Search](#)

Posted: 18 November 2012 at 10:13am | IP Logged

[Quote](#)

No problem, Scarlet---there IS no stupid question here in BRUS!! Just because we have been here longer than you or have had bronch longer than you, doesn't mean we have forgotten what it's like to not know some of the stuff we talk about here--NONE of us is an expert on EVERYTHING! You go right ahead and ASK anything you want to ask! Someone will try to answer you.

Yes, many of us DO nebulize saline---either normal saline or hypertonic (hypertonic just means it's saltier; normal saline matches the salt level found naturally in our body tissues).

You CAN use the salines outlined in this recipe for nebulizing into your lungs OR sinuses. Though most of us rinse our sinuses with normal saline or hypertonic saline, it's also perfectly OK to nebulize it for your sinuses as well as your lungs.

The only difference is, do not add that pinch of baking soda to it if you are going to nebulize it---I was told that is only to be added to salines that you are going to rinse your sinuses with.

Both normal saline and hypertonic salines do help some of us to cough mucus up from our lungs, as well as help get it moving out of our sinuses. So the answer to your question is that both normal saline AND hypertonic salines can be used for BOTH sinuses and lungs. Kill two birds with one stone, so to speak! 😊

I find you only need a smidgeon - pinch -
10th of a teaspoon of bicarb, it only stops the sting AFAIK..

Edited by Big Ed on 19 December 2012 at 3:55pm

[Back to Top](#)

 **JamesD**
Newbie



Joined: 06 February 2012
 [United Kingdom](#)
Posts: 81
Gender: Male

[Back to Top](#)

 **shannelars**
Nurturer



Joined: 24 October 2009
 [United States of America](#)
Posts: 4969
Gender: Female

[Back to Top](#)

 **sealie**
TwinkleToes



Joined: 21 February 2013
 [United Kingdom](#)
Posts: 100
Gender: Not Specified

[Back to Top](#)

 **JamesD**
Newbie



Joined: 06 February 2012
 [United Kingdom](#)
Posts: 81
Gender: Male

[Back to Top](#)

 **shannelars**
Nurturer



Joined: 24 October 2009
 [United States of America](#)
Posts: 4969
Gender: Female

[Profile](#) [Search](#)

Posted: 14 April 2013 at 2:04pm | IP Logged

[Quote](#)

Everytime the recipe for saline comes up I think of how much money Shanielars could have made if she had marketed it. Prior to using her brilliant recipe I was buying a propriety brand of saline solution which is very expensive and now I use the recipe it costs me about 1 tenth of the shop bought one. Just a little bit of work is well worth the effort. I think the knowledge many on this site have gained over the years is PRICELESS and it is not the first time I have said thanks for it. I still use my saline twice a day morning and evening and am convinced it has helped keep me free from infections. Used much more if I get a cold. I got told off on a plane flight earlier this year when I had 4 small spray bottles with no labels in their little plastic bags. All because I hadn't labelled them. I think the word is 'jobsworth' Keep up the good work Shannelars and Big Ed I hope you get the benefits many of us have. Stay well everyone

JamesD

[Profile](#) [Search](#)

Posted: 14 April 2013 at 3:19pm | IP Logged

[Quote](#)

Kind thought on your part, JamesD, but anyone could get the recipes the same way I did---by a little research online---for free, and besides, even if I COULD have charged for them, I wouldn't; it's called 'paying it forward'. I received the incredible blessing of learning about sinus rinses and hypertonic saline nebs through my lung groups here online, so now it's my turn to pass on that knowledge, in return for the generosity of those who gave it to me. So glad you get so much out of it!

*The butterfly counts not months but moments, and has time enough.
*A ship in harbor is safe, but that is not what ships are built for.
*Where you tend a rose, my lad, a thistle cannot grow.
Laurel

[Profile](#) [Search](#)

Posted: 14 April 2013 at 7:15pm | IP Logged

[Quote](#)

Laurel - looked on back of salt and guess what it just says contains salt! No % but that's what you get for buying Asda/Walmart cheapo. So going out tomorrow to buy a "better class" of salt as I'm one of those who've PM you re the infamous recipe. But the nasal rinse has been a huge benefit. Thanks as always = you're a STAR!!!!

H

[Profile](#) [Search](#)

Posted: 15 April 2013 at 8:34am | IP Logged

[Quote](#)

Hi Laurel

You and many others on this website are so magnanimous and obviously much appreciated. I sometimes wish the Nations health managers would sometimes recognize the excellent passing on of information we all get. I suppose years ago it used to be 'Old wives tales' or Mother knows best. Today it is gestures of kindness to thousands round the world via e-mail forums etc. I told my GP about 'The recipe' and he thought it was brilliant. My son in law does not suffer from Broncs but often complains of congestion in his throat and a breathing problem. I have given him some saline to use and will watch with interest what benefits he gets.
Keep well best regards
JamesD

[Profile](#) [Search](#)

Posted: 15 April 2013 at 9:13am | IP Logged

[Quote](#)

SEALIE:

Doesn't it have a nutrition box, like other things do, where it says how much a serving of it is, how many servings in the box, how many carbs, how much fiber, etc.?

If it has that, THAT is where you would find out how much sodium is in one serving of it. It wouldn't be listed in the ingredients list.

This is what the info box looks like here:

http://en.wikipedia.org/wiki/Nutrition_facts_label

Is there anything like that on the salt box?

JamesD:

Yes, it's amazing how many of those old wives tales/mother knows best things worked, at least to some degree. I remember reading of onion poultices for treating pneumonia; the fumes often irritated the airways enough to make the patient cough---and coughing got some of the junk out of the sick lungs. An early form of airway clearance, you might say.

They used to use sugar and honey to heal wounds. And leeches to bleed people. those things are now medically documented to be helpful, and are currently in use in Western medicine.

It's a strange and wondrous world we live in!

*The butterfly counts not months but moments, and has time enough.
*A ship in harbor is safe, but that is not what ships are built for.
*Where you tend a rose, my lad, a thistle cannot grow.
Laurel

[Back to Top](#)

[Profile](#) [Search](#)


 **sealie**
TwinkleToes

Posted: 16 April 2013 at 7:26am | IP Logged

[Quote](#)



Unfortunately I think our 3kg bag of salt pre dates nutritional guidelines as it doesn't have any - we don't use that much salt at home.

Joined: 21 February 2013
 [United Kingdom](#)
Posts: 100
Gender: Not Specified

To the supermarket aisles

[Back to Top](#)

[Profile](#) [Search](#)

[SOOP](#)

Forum Jump

[Portal](#)

2 Pages [1](#) [2](#)



[POST REPLY](#) [NEW TOPIC](#)

 [Printable version](#)

You **cannot** post new topics in this forum
You **cannot** reply to topics in this forum
You **cannot** delete your posts in this forum
You **cannot** edit your posts in this forum
You **cannot** create polls in this forum
You **cannot** vote in polls in this forum

[SOOP](#)

[Portal](#)


This page was generated in 1.9668 seconds.


Powered by [SOOP Portal](#) version Raven RC1
