**Clear your sinuses in 20 seconds**

* Press your tongue against the hard palate.
* Set your thumb between your eyebrows.
* Apply some mild pressure for 20 seconds, and make sure it is just the right volume.
* Your sinuses shall start draining, and the congestion will disappear within 20 seconds.

**In what way is this great for you?**

It is all about the vomer bone. It is located side by side with the nasal passage. By pressing the point between your eye brows, you make it ‘rock’ back and forth, and thus l[oosen up your sinuses](http://www.healthyfoodhouse.com/4-home-remedies-to-quickly-get-rid-of-sinus-infections/).

**Other remedies for nasal congestion**

Use these in addition to the aforementioned technique:

**1. Apple cider vinegar**

Regular consumption of vinegar relieves congested sinuses within 4 days. Consider taking 1-2 tablespoons daily.

**2. Turmeric**

Curcumin in turmeric offers strong anti-inflammatory potential. Add a dash of turmeric powder to your meals and watch the inflammation go away.

**3. Nasal saline rinse**

Some find it quite uncomfortable, but it sure is affective. Make a simple saline solution and rinse the congestion away.

**4. Oregano oil**

This is probably the best remedy for nasal congestion. Although it is not easily available, make sure you do your best to find some.

**5. Steam treatment**

Steamy inhalations clear nasal passages within a second. Heat up some water and bow your head low enough to inhale enough steam.