**Kill Sinus Infection in 20 Seconds With This Simple Method And This Common Household Ingredient!**

**  June 25, 2016 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/), [Natural Remedies](http://www.healthyfoodhouse.com/category/natural-remedies/) | **  0 | **  admin

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There is nothing quite as easy as this technique.

It call comes down to pushing your tongue against the roof of your mouth and placing the thumb in between your eyebrows.

You need to pressure the area you are holding with your thumb for 20 seconds. The first results come almost immediately, followed by sinus drainage.

**Step-by-step method**

The nasal cavity holds a bone, also known as the Vomer bone, which is placed vertically in the cavity. Lisa De Stefano, D.O., an assistant professor at the Michigan State University College of Osteopathic Medicine, assures us that this method is very successful because it allows the Vomer bone to move back and forth.