

How to Unblock Your Nose (Without Looking Cute Doing It)

Welcome to the glamorous world of nasal clearing — where you might look ridiculous, but you'll breathe better, sleep better, and maybe even feel a little more human.

Lets unblock you nose in 5 not-so-pretty but very effective steps:

1. Take 3-5 normal breaths.

Get your body calm. No drama yet — just relaxed, easy breathing.

2. During your exhale, pinch your nose closed and hold your breath.

Yes, really. Pinch it like you're about to dive into a pool full of kale.

3. Keep holding until you feel that rising “air hunger”.

Not gasping. Not panic. Just a strong urge to inhale — the “oof I need to breathe” moment.

4. When you can't stand it anymore (use good judgment here — no passing out, please), let go and inhale only through your nose.

Yes, it might be loud. It might be messy. You're still doing great.

5. Keep breathing through your nose — even if it's a little tough at first.

Take 15-20 nasal breaths, or just keep going until things feel more open and normal.

Bonus Round:

Repeat the whole thing 3-5 times or whenever your nose starts acting dramatic again.

Need more help with habits, nasal support, or just reclaiming your energy?

That's what I'm here for.

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 Convenient virtual sessions on Zoom

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