



Structured Breathing Kit:

Instructions for using a Nasal Cannula

Natural Action Technologies Water Structuring Portable

Structured Breathing with the Portable

Place the Portable Structured Water Unit on its side to allow air to flow freely. For using a Nasal Cannula, attach the wide end of the tubing of the cannula (very short piece), to the small end of the Portable Unit.

Turn the cannula so the prongs are curved downward. Insert the prongs into your nostrils as far as they will go so that it will fit comfortably. Lift the tubes and fit them over your ears. The slider is the small piece on the tubes, which you can move up and down to tighten or loosen the headset.



Push the slider up until it is just under your chin. The headset should be snug. This will help hold the cannula in place, even if you're moving around or sleeping.



Nasal Cannula

Care

Replace the cannula every day. Nasal cannulas are designed to be disposable and should be replaced every day.

This helps prevent the growth of bacteria and ensures that you are always using functional, high-quality tubing.