



K-NS-356 Nasal Strips Snoring Solution From Keenhealth Now Available

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Denver, Colorado based Keenhealth recently launched a new line of nasal strips that provides a non-invasive solution to increase the airflow in the nose, thereby reducing snoring. Additionally, Keenhealth's nasal strips can be used as an effective solution to nasal congestion or a stuffy nose caused by common colds or allergies.

As noted on their Amazon listing, the strips come in a box of 30 and is designed to promote deeper breathing and better sleep. The spring-like nose strips help to open the nasal passages wider to mute snoring and provide instant nasal relief. They provide a drug-free, non-invasive, and cost-effective solution to help eliminate a number of breathing problems in addition to snoring.

According to WebMD, snoring happens when the flow of air through the nose and mouth is physically obstructed due to a combination of factors, including clogged nasal airways, poor muscle tone in the throat or tongue, bulky throat tissue, and long soft palate and/or uvula. The uvula is the dangling tissue found at the back of the mouth, and it can narrow the opening from the nose to the throat. When mouth tissues vibrate and bump against one another, the airway becomes obstructed, causing snoring. If not addressed properly,

snoring can cause breathing interruptions, frequent waking while being asleep, a light or poor night's sleep, and even a heart attack or stroke.

Meanwhile, sleep experts recommend a number of solutions that can help those suffering from habitual snoring (sleep apnea). First, they recommend losing body weight to reduce the amount of tissue in the throat. Next, they suggest sleeping sideways to prevent the tongue from covering the airways. Additionally, the use of dental pieces can also help to keep the air passages open, making it easier to breathe as well as prevent snoring. Limiting the use of alcohol, caffeine, and drugs is also an effective way to relax the throat muscles, as explained by experts.

Furthermore, they point out that one of the cheapest ways to dilate the air passageway is by using an external nasal dilator, or nasal strips like the Keenhealth K-NS-356. These nasal strips can be easily placed on the bridge of the nose to help increase the space in the nasal passage. This makes breathing more effective and reduces the chances of snoring.

Keenhealth is one of the leading distributors of five-star rated health products on Amazon and beyond. Aside from the K-NS-356 nasal strips, they also sell digital thermometers, maternity belts and girdles, and so on. Furthermore, many of their previous customers attest to the quality, practicality, and effectiveness of their products.

Angela Purser, in an Amazon review, says, "Sinus and allergy issues had been causing me issues with breathing when I would lay down to sleep at night. I had been exploring options for a more natural way to help me breathe while laying down and these definitely do the trick. With my nasal passages open and clear, I am able to breathe better, and this allows me to sleep much more soundly. If you are looking for something that is non-invasive to help you to rest while your head is down and the drainage causes problems, I would greatly suggest trying these, you won't be disappointed."

Meanwhile, another satisfied customer, Nem, says in their five-star Amazon review, "I liked that the nasal strips were in a little compact box, which is easy to carry with you if you're traveling. Also, it is easy to place on your nightstand without it taking up too much space. The photo on the front clearly indicated what the product was. I love that this product is drug-free and provides a quick, easy solution to a stuffy nose due to allergies or cold. As a parent of a preschooler, I often battle minor colds or other illnesses, so these came in handy. The strip was easy to place and I immediately felt my nostrils open up for a better airflow. Just this little help resulted in a night of much more restful sleep."

More information regarding Keenhealth's snoring solution can be found on their Amazon product page.

Alternatively, interested parties may check out their official website to learn more about the other health products they offer.

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For more information about Keenhealth, contact the company here: [Keenhealth](https://keen-health.com/) Lily Denver, CO

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