

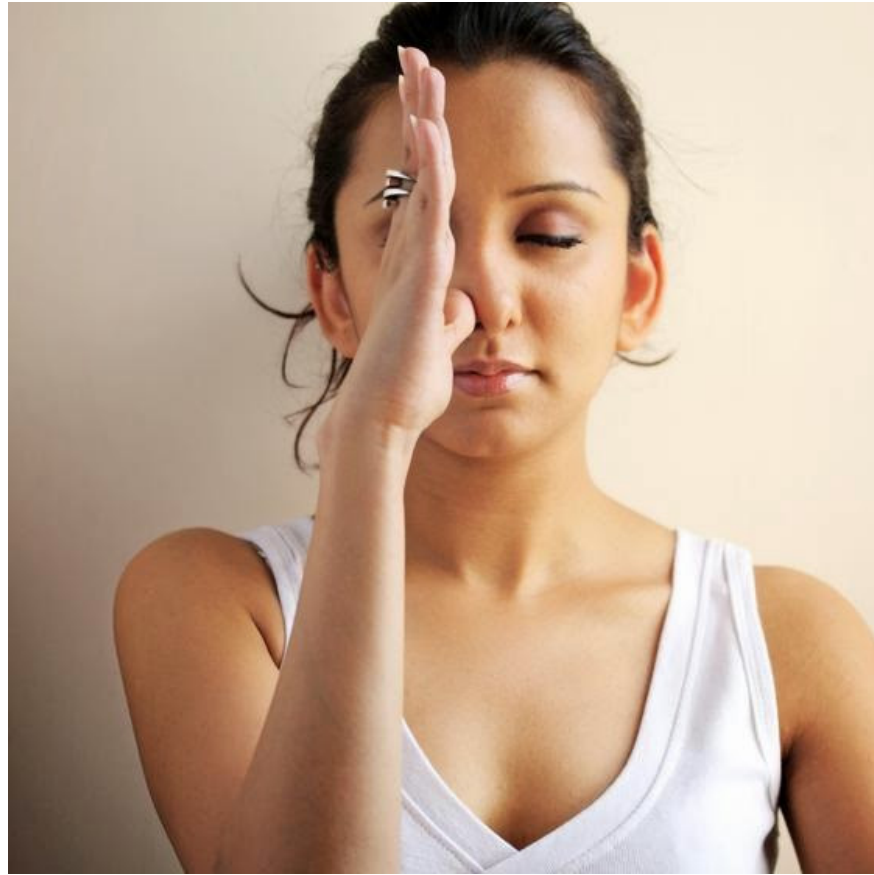
It turned out that this was the reason that only one side of the nose was suffocated with the flu

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Nasal congestion or congestion usually occurs when we are sick or flu but this phenomenon only occurs on one side of the nose and not both sides. This makes us extremely uncomfortable, especially when sleeping but why is that so?

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3. How to avoid runny nose when it is cold?

To explain this phenomenon, we must know how the nose works. The truth is that we always breathe with a stronger nose. Two alternating nostrils breathe harder and not balance. This process is caused by the nervous system that controls the nose in cycles to affect each side of the nose.



In about 3 - 6 hours, a certain amount of blood is pumped into one side of the nose causing a blockage. After that, the nervous system will give a "side change" signal, the blood flow will move to the other side of the nose. This side wing is open, the other side of the nose is automatically closed.

This cycle takes place several times a day but we only recognize when we are sick or flu.



When you get sick or flu, you find it difficult to breathe, suffocating one side of your nose is caused by alternating congestion between your nose, blood is concentrated in one side of your nose, forming an aneurysm covering your airway. The more blood is blocked, the more likely you are to lie on the side of your nose, which is making your nasal congestion worse.

In short, getting stuffy when you are sick or flu is just an alternate activity of both sides. But if you have a persistent nasal congestion that is not caused by your flu, illness . then you should go to a doctor to determine the specific cause and be treated in time because you most likely have a deviation. nasal suppression, sinusitis, nasal

polyps or allergies .

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