

Forum:[Hack Forums](#)

Thread: [What you do when both your nose holes are stuffed and u cant breathe at all?](#)

myplatesarefat - November 22, 2018, 6:14 am

i try to breathe through mouth but i cant just focus on anything when doing it lol.

i totally cant use my nose

its just one day like it but id like it to go away

i tried flushing nose with water

Pyro - November 22, 2018, 6:15 am

i was sick for last 2 weeks, had same issue, used my mouth for breathing lol

realsunjester - November 22, 2018, 6:17 am

(Nov 22, 2018 07:14 AM)myplatesarefat Wrote: [\[CITE\]](#) i try to breathe through mouth but i cant just focus on anything when doing it lol.

i totally cant use my nose

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cant breathe through your mouth? well i hate to say it but your body begs to differ. if you cant breathe through your nose you will automatically breath through your nose. something tells me your the horrible drama queen in your school/at work.

myplatesarefat - November 22, 2018, 6:19 am

(Nov 22, 2018 07:17 AM)realsunjester Wrote: [\[CITE\]](#) cant breathe through your mouth? well i hate to say it but your body begs to differ. if you cant breathe through your nose you will automatically breath through your nose. something tells me your the horrible drama queen in your school/at work. i have depression and i dont work/dont go to school.

yeah breathing through mouth now, thanks

Underworldproblem - November 22, 2018, 6:19 am

take a benylin cold pill. always works for me

Smexy - November 22, 2018, 6:20 am

Try to snort some salt, that should work.

realsunjester - November 22, 2018, 6:22 am

(Nov 22, 2018 07:19 AM)myplatesarefat Wrote: [\[CITE\]](#) i have depression and i dont work/dont go to school.

yeah breathing through mouth now, thanks

myplatesarefat - *November 22, 2018, 9:25 am*

this was my worst day ever i literally looked on wall in my room for 12h because i couldnt breathe

(still cant) help please