QUICK GUIDE

SALINE SOLUTION: Mix a heaping 1/4 teaspoon of finely ground non-iodized salt (table salt) or a slightly rounded 1/2 teaspoon of coarsely ground salt (kosher salt) in the Neti Pot with 8 ounces of warm water until the salt is completely dissolved.

POSITION: Turn your head to one side over the sink, keeping the forehead at the same height as the chin, or slightly higher.

1. Gently insert the spout in the upper nostril so it forms a seal. Raise the Neti Pot so the saline solution flows out the lower nostril. If it drains out of your mouth, lower your forehead in relation to your chin.
2. When the Neti Pot is empty, face the sink and exhale vigorously without pinching the nostrils.
3. Refill the Neti Pot and repeat on the other side. Again, exhale vigorously to clear the nasal passages.
4. Do one or more of the recommended exercises to drain remaining saline.

USES FOR THE NASAL WASH

For some people, the nasal wash is as routine as brushing their teeth. Others use it for specific purposes. Suggestions:

- Do the nasal wash to wake up, clear your nostrils, and start the day breathing freely.
- Use it to remove excess mucus when you are experiencing nasal congestion.
- Do it several times a day during the allergy season to rid the nostrils of pollen and other allergens.
- Use the nasal wash when you've been exposed to soot, dust, smoke, or other airborne contaminants.
- Use it to dissolve mucus build-up in dry climates or in air-conditioned or heated rooms, or after air travel.
- Do the nasal wash before practicing systematic relaxation techniques or meditation to help you breathe freely and easily through your nose.

Remember, the nasal wash is not a substitute for medical treatment. Anyone with chronic inflammation of the nasal passages or other ear, nose, or throat disorders should seek medical attention.

A HEALTHY NOSE

Breathing through the nose filters and conditions the incoming air. The nasal passages are lined with a thin layer of mucus that traps dirt, dust, and pollen and moves steadily to the rear of the nasal cavity and settles in the throat, where it is swallowed. Saline nasal rinses carry some of these impurities out of the body before they reach your stomach. They also keep this protective layer of mucus functioning properly. If the mucus becomes too thick and dry or too thin and runny, it is easier for bacteria and viruses to penetrate the nasal lining and cause the swelling and excess discharge of mucus we call a "cold." That's why gargling or sniffing a little salt water at the first sign of a cold is a staple of folk medicine and why health-conscious people in India use a small pot of saline to rinse the nasal passages. The Neti Pot continues these time-tested traditions of hygiene.

For information on:
- books and tapes
- products
- classes and seminars
- holistic health services

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NETI™ POT

By purchasing a Neti Pot, you've taken the first step toward cleansing your nasal passages. Rinsing with saline solution is a time-honored practice in the Orient. Here in the West, the nasal wash has been used for decades as a means of treating sinus problems, colds, allergies, and chronic post-nasal drip and to counteract the effect of environmental pollution. Those practicing yoga and other meditative disciplines use the nasal wash to ensure free air flow through both nostrils.

Towards Healing the Planet, One Person at a Time
theDr.com

THE SALINE SOLUTION

Rinsing the nasal passage with a properly mixed warm saline solution doesn't burn. It is best to use a pure, non-iodized salt, such as kosher salt or canning/pickling salt. The amount you use depends on how finely the salt is ground. Use a slightly rounded 1/2 teaspoon for coarse varieties, like kosher salt, and a heaping 1/4 teaspoon for finely ground salt, such as table salt. Stir it into 8 ounces of ***warm*** water, until the salt is completely dissolved. You can mix the saline solution right in your Neti Pot.

If your tap water has an unpleasant taste or contains chemicals, consider warming some bottled water. If the water is too cool it may increase congestion. If it is too warm, it will irritate the delicate lining of the nose. Never use hot water.



Handmade
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HEAD POSITION

The key to the nasal wash is holding your head in the proper position. Lean over the sink so you are looking directly into the basin, then rotate your head to the side so that one nostril is directly above the other. The forehead should remain level with the chin or slightly higher (Figure 1).

Gently insert the spout into the upper nostril so that it forms a comfortable seal. Keep your mouth open and raise the handle of the Neti Pot so that the solution enters the upper nostril and drains out through the lower (Figure 2).

If your head is rotated correctly and tilted at the proper angle, you will be able to breathe comfortably through your mouth while the saline drains through the lower nostril. If the forehead is higher than the chin, the saline will drain into your mouth.

When the Neti Pot is empty, rotate the head so you are looking into the sink and exhale through both nostrils to clean them of excess mucus and water. Use a tissue to catch any excess mucus.

When both nostrils are clear, mix another batch of saline in the Neti Pot and repeat the procedure on the other side. Remember to adjust your head so that the saline solution flows freely out of the lower nostril. After the pot is empty, clear the nostrils as before.

AFTER THE NASAL WASH

You may need to do a few simple exercises to expel any saline solution remaining in your nose. Everyone needs to do the first exercise; others will also need to do one or both of the others. The first few times you use the Neti Pot, try them all. Form a habit of doing any which cause water to drain from the nostrils.

1. ***Exhalations.*** Exhale vigorously through both nostrils while holding your head over the sink. Quickly drawing the abdomen toward the spine with each exhalation will make your exhalations more forceful. If you exhale into a tissue, be careful not to pinch the nostrils closed while exhaling.

2. ***Forward Bending.*** Bend forward from the waist far enough so that the top of the head is pointing toward the floor (Figure 3). Hold this position for a few seconds, then return to standing. Follow this movement with a few vigorous exhalations.





3. ***Alternate Toe Touching.*** Place your feet 2 to 3 feet apart. Raise the arms out to the side at shoulder height. Slowly bend from the waist and bring the left hand to the right knee, shin, or foot (whichever you can reach without straining). Reach up toward the ceiling with the right hand; turn the head gently and look toward the raised hand (Figure 4). Hold this position for a few seconds. Come back to standing and repeat the movement to the left. Exhale vigorously through the nose.

When you've practiced this routine a few times, you'll find it takes less time than brushing and flossing your teeth.

FIVE REASONS WHY THE NETI POT MAKES SENSE

- Soothes dry nasal passages
- Gently washes away dust, pollen, and environmental irritants
- Offsets the effects of breathing dry indoor air (especially in winter)
- Removes excess mucus…naturally
- Helps you breathe freer when practicing yoga or meditation

"The Neti Pot alone has helped more people than any other modality I use—with consistent use the results can be dramatic."

Carrie Demers, M.D., Honesdale, PA
Medical Director,
Center for Health and Healing

"It really works! It's the only thing that controls my tendency to sinus irritation.... If I miss even a single day, I really notice the difference!"

Jean Anderson, Austin, TX

"Of all the treatment options suggested in my book, [nasal] irrigation is probably one of the most helpful."

Robert S. Ivker, D.O.
An Osteopathic Physician and author of *Sinus Survival*, as quoted in *Martha Stewart, Living* magazine.

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