

# Neti Pot

Neti Pot is a trademarked name. These instructions come from my original purchase of a Neti Pot. I have since been unable to find the brand name product.

NetiPot is used to cleanse the sinus passages. This is a time honored Oriental practice for treating sinus problems, colds, allergies, chronic post nasal drip and to counteract the effect of environmental pollution. Yoga practitioners use it to assure free flow of air through both nostrils.

My Special Saline Solution is based on research by Dr. Penoel a respiratory specialist and uses Young Living essential oils because these are therapeutic quality. (Dr Penoel recommends a HydroFloss machine modified for sinus use.)

- In a GLASS jar, mix and store for future use:
  - 8 Tbsp Un-iodized sea salt (as fine a grain as you can find and unbleached if possible to preserve the mineral content.)
  - 8 to 10 drops of Melaluca alternifolia
  - 8 to 10 drops Lavendula agustifolia
  - 5 drops Thymus vulgaris (recommended)
  - 5 drops Tarragon (optional)
- To use, warm 2 to 4 cups of *Distilled* water (no chlorine please)
- Add ¼ to ½ tsp. salt mixture for each cup of water
- Follow the instructions below for rinsing

## 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 to the right)



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 to the left)



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 NetiPot 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. Hold this position for a few seconds, then return to standing.

Follow this movement with a few vigorous exhalations. (See the left hand figure)

### 3.) Alternate Toe Touching

Place your feet 2 to 3 feet apart. Raise your 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 (see the right hand figure on the previous photo). 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 that it takes less time than brushing and flossing your teeth.

## SIX REASONS WHY NETI POT MAKES HEALTHY SENSE:

- Helps relieve sinus problems
- Moderates allergies
- Lessens impact of colds and flu-naturally
- Counters environmental pollutants
- Offsets the effects of breathing dry indoor air (especially in winter)
- Helps you breathe freer when practicing yoga or meditation.

*Remember the nasal wash is not a substitute for medical treatment. Seek medical attention for chronic issues.*