

## Neti Pot - Nasal Lavage

### Neti Pot

With increasing pollution and chemicals in our environment, there is an enormous rise in the number of people who suffer various forms of nasal congestion and respiratory illnesses. Health practitioners throughout the world recommend the regular practice of nasal cleansing using a saline solution as part of a regular regimen of health and wellness, a basic health-maintenance activity equal to flossing your teeth. Neti is a gentle, safe, efficient way to deliver a good cleansing dose of saline to the nose. The Neti pot provides a soothing, gentle stream of salt water, the same concentration as tears, flows through your nose, washing away pollens, mucus, viruses and bacteria. Use of a Neti pot is recommended to ease this process.

### Does the Neti Pot Really Work?

Many ear, nose, and throat doctors recommend nasal irrigation for their patients. Many patients with chronic sinus symptoms from bacterial infections, allergies, and environmental irritants have begun to regularly use the Neti pot claiming that these devices alleviate congestion, facial pain and pressure, and reduce the need for antibiotics and nasal sprays. Research backs up these claims, finding that nasal irrigation can be an effective way to relieve sinus symptoms when used along with standard sinus treatments.

### Is the Neti Pot Safe?

Research has found that the Neti pot is generally safe. About 10% of regular users experience mild side effects, such as nasal irritation and stinging. Nosebleeds can also occur, but they are rare. Reducing the amount of salt in the solution, adjusting the frequency of Neti pot use, and changing the temperature of the water appear to reduce side effects.

### Neti pot instructions:

The technique is not as uncomfortable or difficult as you may think at first. You will be pleasantly surprised that this simple and effective procedure can easily be integrated into a daily routine like brushing your teeth.

1. Fill the Neti pot with lukewarm water and add  $\frac{1}{4}$  teaspoon of non-iodized salt. Hot water is irritating and dangerous. Cool water is not soothing.
2. Tilt your head to the side at about a 45-degree angle.
3. Insert spout of Neti pot gently into the top nostril creating a seal. If it drains out of your mouth, lower your forehead in relation to your chin. The fluid will flow through your nasal cavity and out through the other nostril.
4. Raise the Neti pot slowly to develop a steady flow of saline solution.
5. During the process relax and breathe through your mouth.
6. When you're done, exhale firmly through your nose several times to clear the nasal passages.
7. Reverse the tilt of your head and repeat the process on the other side.

8. To prevent infection, it's important to properly care for your nasal irrigation device. Either wash the device thoroughly by hand, or put it in the dishwasher if it's dishwasher-safe. Follow by drying the device completely after each use.

Go to Youtube for a video demonstration:

<http://www.youtube.com/watch?v=j8sDIbRAXIg>



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