

Neti Pot

Nasal cleansing, called "jala neti" in Sanskrit, is extremely effective in fighting allergies, infections and illnesses. It is especially recommended when sick with respiratory illnesses or allergic reactions, as well as for alleviating headache and improving memory and concentration during times of physical or mental exhaustion. Nasal cleansing improves breathing through the nose and enhances energy flow in your body. It is an effective natural protection from flu and other respiratory illnesses by strengthening the body's natural resistance.



How to use Neti pot

1. Wash the Neti pot thoroughly.
2. Pour warm pre-boiled water at body temperature and add one teaspoon of salt per 500 ml of water. We recommend using sea salt. Iodine salt is not suitable for usage with Neti pot. Stir until the salt is dissolved. The solution should remind one of the taste of tears. If you feel burning or otherwise uncomfortable sensations during nasal cleansing, readjust the salt concentration and temperature of the water.
3. Stand at the sink or bathtub, place your feet directly under each shoulder, keep spine and head straight. Carefully put the tip of the nozzle in the right nostril, slant your head to the right side right so that your chin aligns with your shoulder, and start to pour the solution slowly, while keeping your mouth open. Breathe slowly through your mouth. Try not to yawn, talk or laugh during the procedure. The water must pour out through the left nostril. If the solution gets in your mouth, do not swallow it but readjust the position of your head so that the water gets in your left nostril.
4. After ending the procedure with one nostril, blow your nose by doing 20-30 sharp breaths turning your head in various positions.
5. Repeat steps 3-4 with your left nostril.
6. Wash the Neti pot with warm water.

We suggest cleansing your nose using Neti pot every day. Remember, Neti pot is a personal hygiene item that shouldn't be shared. Every member of your family should have one.



Benefits

- effective in fighting and preventing allergies, infections and illnesses.
- especially recommended when sick with respiratory illnesses or allergic reactions
- improves breathing through the nose and enhances energy flow in your body
- natural protection from flu and other respiratory illnesses by strengthening the body's natural resistance

According to world renowned and highly-estimated book “Sukshma Vyayama” by Dhirendra Brahmachari” it is believed that these problems you may cure by using Neti Pot daily:

- chronic headache
- insomnia
- sluggishness
- weakness
- loss of hair
- poliosis (early grey hair)
- eye irritation
- night myopia
- misting of vision
- ear weakening
- ear shooting
- nasal illnesses
- cough

