



NETI POT

Nasal Rinsing: Breathe Deep!

Neti, or nasal rinsing, is a process of cleansing and purifying the nasal passages with a nasal rinse cup and saline solution. Both Yoga and Ayurveda hold that the quality of your breath is vital to your well-being. Making each breath long and deep can improve your health and increase longevity. Cleansing and protecting the nasal passages can improve the quality of every breath you take. In addition, deep and unobstructed breathing specifically helps to balance prana, the vital life force within the body.

BENEFITS OF NASAL RINSING

- Promotes overall nasal and sinus health
- Supports a healthy mucus lining of the nasal passages and sinuses
- Gently removes excess mucus
- Rinses away respiratory irritants such as dirt, dust, and pollen
- Promotes clean, fresh-smelling breath
- Keeps the head feeling clear and the mind refreshed

THE TECHNIQUE

1. Prepare the saline solution by mixing approximately 1/4 teaspoon of fine non-iodized table salt into about 1 cup (8oz) of warm water, until it is fully dissolved. To prevent contamination, it is recommended that you use sterile water, such as distilled water or water that has been boiled and cooled to make your irrigation solution. Once you have the saline solution mixed, pour it into the Nasal Rinse Cup.
2. Stand in front of the sink. Tilt your head to one side so that one ear is facing down into the sink, and you can see the drain out of the corner of your eye. Angling your forehead slightly downward and sideways will be just about right.

3. Insert spout of Nasal Rinse Cup gently into the upper nostril and create a seal between the Pot and your nostril.
4. Raise the Nasal Rinse Cup slowly to develop a steady flow of saline solution through the upper nostril and out the lower nostril.
5. During the process, breathe through your mouth.
6. Reverse the tilt of your head and repeat the process on the other side.
7. Upon completion of the process, exhale gently several times to clear the nasal passages.
8. Clean your Nasal Cup by simply washing out the pot with warm water and dish soap and rinsing thoroughly.



Learn more about this daily routine technique...

To watch a video demonstration of how to use a nasal rinse cup and to learn about the benefits of this process, visit www.banyanbotanicals.com/neti



The information on this handout is for educational purposes only and is not a substitute for medical advice, diagnosis, or treatment. For more information pertaining to your personal needs, please see a qualified health practitioner.