

Nasal Irrigation Using a Neti Pot

Happy Holidays to all readers of the Dells Events. With the holidays and all the other stresses associated with winter weather, come sinus problems. We can never seem to ditch sinus related issues no matter what the season. Speaking from my own experiences, I have tried all the over the counter relief medicines and still manage to go through a box of Kleenex and a jar of vix each winter. Last week I was introduced to the Neti Pot and life for my sinus passages is much better since using this miracle product so I figured I would share the good news with readers.

The Neti Pot goes way back to ancient medicine techniques coming from India. The nasal irrigation technique involved cleansing the nasal passages with water and a salt like solution. In India the technique was called Ayurveda and it is quickly spread through Europe and Asia as a form of alternative medicine. The translation of Ayurveda in India is Jali Neti, which means cleansing of the nasals in water, and this is where the name Neti Pot comes from. This alternative medicine technique is now spreading like wildfire throughout the United States and other parts of the world. It is fairly inexpensive and can become a daily routine for personal hygiene similar to brushing the teeth and using deodorant. There are many benefits to the use of the Neti Pot including reduction in sinus related infections, improved sleep at night, reduction in sinus related allergies, and a reduction in dryness of the nose that can be associated with bleeding in the nasal passages. The introduction of the salt solution and water allows the cilia in the nasals to do its job of moving junk out of the nose to reduce sinus related infections and allergies. You can purchase a Neti Pot at most Walgreens and other convenience stores that have pharmacies and nasal decongestion products.

The process of nasal irrigation involves filling the pot with warm water. It is best to use softened water or distilled water for this process. A salt solution is then added to the pot and a lid is placed on it. The pot looks very much like a small watering can with an opening for the nostrils and a handle to tilt the pot. The salt solution is purchased in the store where you buy the Neti Pot or it can be made at home to save money. It is crucial that you not use table salt with iodine in a Neti Pot as this will burn the nasal passages. Most medical professionals that I spoke with prior to writing this stated that sea salt or canning salt (both non-iodinated) are much safer due to reduced additives. I have included some recipes below for a nasal irrigation with a Neti Pot. I have been using mine now for almost 2 weeks and it has made a world of difference. I use it 2-3 times per day depending on allergies and weather patterns. I have also noticed that when my skin gets dry, my nasal passages are also very dry and the rinse helps keep them irrigated. I hope that this information is helpful and that some of you will find the same relief I did using a Neti Pot. I also would like to thank Cheryl Eastman, a Nurse Practitioner at the Dells Clinic for

her advice about getting the Neti Pot. She was not the first person to mention it to me but she made me think long and hard about the benefits and she seemed very passionate about it and even took the time to give me some literature on it. She inspired me to write the article and use the device and she is pretty darn funny as well. Many at the Dells Clinic refer to her as Queen Neti Pot.

Recipes for Neti Pot nasal irrigation (*this is a home recipe*)

½ teaspoon of canning salt or sea salt – mix this with 4-8 ounces of water and then add the lid to the pot and shake to mix the solution with the water

Some people use baking soda with the mixture of salt and this helps act as a buffer and keeps the salt and water flowing nicely in the nasals. I use a ¼ teaspoon of baking soda – arm and hammer.

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