

Neti-pot Instructions:



Benefits

Use of a neti-pot will help flush out any mucus buildup from the sinuses and nasal passages to help prevent, fight and promote recovery from an infection.

Note: Avoid use of a neti-pot if there is a history of nasal polyps or ulceration.

Instructions

1. Combine $\frac{1}{4}$ teaspoon of non-iodized salt with 8 ounces of water (the water should be lukewarm and close to your body temperature to avoid discomfort) and mix thoroughly.
2. Tilt your head sideways over a sink with your chin tucked in to avoid water running into your throat.
3. Take a deep breath in and while pouring the solution into one nostril exhale and allow the fluid to flow out of the other side.
4. RELAX – the better you can relax and allow gravity to play its role the more easy and comfortable the process.
5. Blow out any fluid from your nostrils (without holding or blocking either nostril) and dab with tissue.
6. Repeat on the other side.

For a video on how to correctly use a neti-pot go to:

<http://www.howcast.com/videos/164292-How-To-Use-a-Neti-Pot>



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