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Neti Pot

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Why a Nasal Wash

The nasal passages are lined with a thin layer of mucus that is one of our body's first lines of defense against disease. A nasal wash keeps this layer of mucus moist, clean and healthy. And compared to other nasal wash techniques, using the Neti Pot™ is easy. A nasal wash can be as routine as brushing your teeth.

Rinsing with saline solution is a time-honored practice in the Orient. Here in the West, the nasal wash has been used for decades as a means of treating sinus problems, colds, allergies, and post-nasal drip and to counteract the effect of environmental pollution. Those practicing yoga and other meditative disciplines use the nasal wash to ensure free air flow through both nostrils.

A Healthy Nose

Breathing through the nose filters and conditions the incoming air. The nasal passages are lined with a thin layer of mucus that traps dirt, dust, and pollen and moves steadily to the rear of the nasal cavity and settles in the throat, where it is swallowed. Saline nasal rinses carry some of these impurities out of the body before they reach your stomach.

They also keep this protective layer of mucus functioning properly. If the mucus becomes too thick and dry or too thin and runny, it is easier for bacteria and viruses to penetrate the nasal lining and cause the swelling and excess discharge of mucus we call a "cold." That's why gargling or sniffing a little salt water at the first sign of a cold is a staple of folk medicine and why health-conscious people in India use a small pot of saline to rinse the nasal passages. The Neti Pot™ continues these time-tested traditions of hygiene.

Uses for the Nasal Wash

For some people, the nasal wash is as routine as brushing their teeth. Others use it for specific purposes. Suggestions:

- Do the nasal wash to wake up, clear your nostrils, and start the day breathing freely.
- Use it to remove excess mucus when you are experiencing nasal congestion.

● Do it several times a day during the allergy season to rid the nostrils of pollen and other allergens.

● Use the nasal wash when you've been exposed to soot, dust, smoke, or other air-borne contaminants.

● Use it to dissolve mucus build-up in dry climates or in air-conditioned or heated rooms, or after air travel.

● Do the nasal wash before practicing systematic relaxation techniques or meditation to help you breathe freely and easily through your nose.

Remember, the nasal wash is not a substitute for medical treatment. Anyone with chronic inflammation of the nasal passages or other ear, nose, or throat disorders should seek medical attention.

Five reasons why the Neti Pot™ makes sense

1. Soothes dry nasal passages
2. Gently washes away dust, pollen, and environmental irritants
3. Offsets the effects of breathing dry indoor air (especially in winter)
4. Removes excess mucus...naturally

Helps you breathe freer when practicing yoga or meditation

After The Nasal Wash

You may need to do a few simple exercises to expel any saline solution remaining in your nose. Everyone needs to do the first exercise; others will also need to do one or both of the others. The first few times you use the Neti Pot™, try them all. Form a habit of doing any which cause water to drain from the nos-



trils.

1. Exhalations. Exhale vigorously through both nostrils while holding your head over the sink. Quickly drawing the abdomen toward the spine with each exhalation will make your exhalations more forceful. If you exhale into a tissue, be careful not to pinch the nostrils closed while exhaling.

2. Forward Bending. Bend forward from

the waist far enough so that the top of the head is pointing toward the floor. Hold this position for a few seconds, then return to standing. Follow this movement with a few vigorous exhalations.

3. Alternate Toe Touching. Place your feet two to three feet apart. Raise the arms out to the side at shoulder height. Slowly bend from the waist and bring the left hand to the right knee, shin, or foot (whichever you can reach without straining). Reach up toward the ceiling with the right hand; turn the head gently and look toward the raised hand. Hold this position for a few seconds. Come back to standing and repeat the movement to the left. Exhale vigorously through the nose.

When you've practiced this routine a few times, you'll find it takes less time than brushing and flossing your teeth.

