

ANCIENT SECRETS®

# Nasal Cleansing Pot

FOR THE CLEANSING OF NASAL PASSAGES  
ACCORDING TO THE TRADITIONAL PRACTICE  
OF  
NETI

Useful for removing dirt, pollen, excess mucus, and other irritants. Soothing and moistening to dried out nasal passages. Traditionally used as a purification exercise for the practice of yoga.

Ancient Secrets® Nasal Cleansing Pot is the ideal answer for cleansing out nasal passages. You need only follow the simple directions inside to prepare the saline solution which you use to rinse through your nostrils. This gentle and effective technique of nasal irrigation is widely recommended by health practitioners worldwide as a wonderful way to improve your overall feeling of well-being and maintain radiant, vibrant health.



## Nasal Cleansing

Many people practice Neti on a daily basis to keep their sinuses clean and improve their ability to breathe freely. Most find it a soothing and pleasant practice once they try it.

If you are one of the many people who find that your nasal passages are blocked as a result of the effects of pollution, dust, pollen and other irritants, you may find this simple cleansing technique of invaluable benefit to you.

The practice of nasal irrigation, known as Neti, has been used by practitioners of Yoga and Ayurveda in India for hundreds, if not thousands of years. Neti is one of the six purification techniques undertaken prior to the practice of yoga to help prepare the body for the yoga practice. It is referred to in the original yogic texts known as the Hatha Yoga Pradipika and the Gheranda Samhita. It is described at some length in the Complete Illustrated Book of Yoga by Swami Vishnu Devananda, published in the USA as early as 1960. Some yogic teachers consider it valuable in cleansing the energy channels and balancing the right and left hemispheres to create radiant, energetic health and wellness, which is the foundation upon which true yogic practice can come to fruition.

While there are advanced techniques using various herbs and herbal oils, the simplest technique, known as "jala neti" uses water (jala) for the cleansing process. Lukewarm water is used to gently open up the nasal passages. Use of a neti pot or vessel is recommended to ease this process. Advanced practitioners may use this pot also for the herbal or oil administration (referred to as "nasya") as well.

## Benefits of Using the Nasal Cleansing Pot

- Clear the nostrils to free the breathing
- Remove excess mucus
- Reduce pollen or allergens in the nasal passages
- Relieve nasal dryness

Doctors and alternative health practitioners around the world recommend the regular practice of nasal cleansing using a saline solution as part of a regular regimen of health and well-being. While the practice of nasal irrigation may have originated in India, today there are large numbers of people in Europe and North America who have added this simple technique to their daily hygiene.



# Usage Instructions

## 1. Prepare the Saline Solution

Generally most people find that non-iodized table salt is the best source of the salt for mixing the saline solution. We do not recommend the use of sea salt as it is sometimes too strong and may irritate. Mix approximately 1/4 teaspoon of fine table salt into about 1 cup (8 oz.) of warm water, until it is fully dissolved. The water should be warm, but not hot. It should feel pleasantly warm to the touch so as to not irritate your nasal passages with either too hot or too cold water. Never use either HOT or COLD water. You may prefer to use bottled water if your local water supply is too hard or has chemicals or an unappealing taste.

## 2. Fill your Nasal Cleansing Pot

Once you have the saline solution mixed, pour it into the Nasal Cleansing Pot. You may choose to actually mix it right in the pot to save a step.

## 3. The Process of Nasal Cleansing

- Nasal Cleansing is best done as part of a regular hygiene routine. As you will have saline water flowing and mucus being discharged, it is best to practice this process over a sink or basin.
- Tilt your head to the side as shown. You will notice that when you get the proper angle, the water will flow easily from the upper nostril and out the lower nostril. It takes just a little bit of practice to get it just right. This is the most important factor in a successful nasal wash. Don't be afraid to adjust your head slightly to get the most comfortable angle for your own personal practice. You should find that having your forehead at an angle about the same level as your chin will be just right.
- Insert spout of Nasal Cleansing Pot gently into the raised nostril and create a seal between the Pot and your nostril.
- Raise the Nasal Cleansing Pot slowly to develop a steady flow of saline solution through the upper nostril and out the lower nostril. You are in total control of the flow of the saline water by the way you hold the pot. The higher you hold it, the faster the flow. Try to find the right flow just for you by raising the pot slowly while you hold your head in the correct position.
- During the process breathe through your mouth. The angle of your head is important to allow you to breath

easily through your mouth during the process. If you do not have sufficient angle to keep your forehead at about the level of your chin or just slightly higher than your chin, you will find water draining into your mouth. If this happens as you get to know the process, simply adjust the angle of your head to bring the forehead more or less in line with your chin and start over again.

- Upon completion of the process, exhale gently several times to clear the nasal passages. You may want to use a tissue to catch any excess mucus.
- Reverse the tilt of your head and repeat the process on the other side. Some people find they can clear both sides with one pot full of saline solution, but most people prefer using an entire potful for each nostril.
- Once you get into practice, the entire process only takes a couple of minutes.

#### **4. Completion of the Process**

- It is beneficial to do some simple gentle exhalation blowing through both of your nostrils after completion. Either do this over a sink or into a tissue. Be sure to not close off your nostrils as you blow as you are trying to expel the excess solution and any residual mucus.
- Some people find it beneficial to do some side or forward bending to allow easier drainage. Experiment with this to find out what works best for you.

#### **5. Cleaning your Nasal Cleansing Pot**

After use, simply wash out the pot with warm water and dish soap and rinse away all soap and other residues. We have made our device out of sturdy food-grade porcelain so that it is dishwasher safe if you prefer.

#### **6. Cautions and Warnings**

While most people can safely and conveniently use this product, please note the following. If you are unable to blow your nose, you should not use this product except under the specific care and recommendation of your health care practitioner. Children using the product should be aided by a responsible adult. As with your toothbrush, you should not share your Nasal Cleansing Pot with others. If you have any chronic illness or health condition, or if you experience any kind of discomfort or nosebleed, do not use this product except under the specific guidance of your health care practitioner.

# Nasal Hygiene

Particularly in our modern world that is filled with pollutants, allergens and dust, it is important to keep the nasal passages clean and healthy. Many health practitioners consider the nasal passage to be the doorway for most illnesses. The nasal passage actually is one of nature's means of protecting us from illness, with its finely tuned mechanism of hairs and mucus membranes, both intended to catch and restrain external factors from entering our bodies. Unfortunately, this filtering mechanism can become overloaded through high exposure to dust and particulates and pollution factors. Cleansing the filter regularly allows it to operate more efficiently, thereby helping our bodies remain strong, fit and healthy.

It is no surprise that with the assault of chemicals, fragrances, pollution, dust, pollen, etc. that our nostrils are under extraordinary stress and there is an enormous rise in the number of people thereby suffering from various forms of nasal congestion and respiratory illnesses. Modern day diet also tends to favor foods that increase the body's production of mucus, thereby creating an imbalance and clogging up the nasal passages and sinuses.

An effective and healthy nasal filtering system is an important part of the body's immune defense system. Practicing regular nasal hygiene can be an important part of keeping this system functioning at its peak efficiency and maintaining a healthy, balanced life energy.

Note: This information and the Nasal Cleansing Pot are not intended to diagnose, treat, prevent or cure any disease and these statements have not been approved by the Food and Drug Administration. If you are suffering from any disease or illness, please be sure to consult your health care practitioner.

## More Information

There are a large number of wonderful books available that can help you understand both your nasal health and the larger practice of a balanced health regimen based on the ancient practices of yoga and ayurveda. Some of these books that we have found valuable are the following:

### ***Breathe Free: Nutritional and Herbal Care for Your Respiratory System***

by Daniel Gagnon and Amadea Morningstar.

For the first time, a self-help book that tells it all! Covers information you wish your doctor would share with you such as what is happening to your body, emotional information your body may be giving you, specific foods, herbal remedies and supplements for a wide range of concerns and conditions, how these recommendations can support and revitalize you, and other methods to activate and speed up your healing processes and natural resistance.

ISBN 0-914955-07-1 179 pp paperbound \$14.95



### ***Ayurvedic Healing: A Comprehensive Guide***

by Dr. David Frawley

This extraordinary book is a complete manual of Ayurvedic health care that offers the wisdom of this ancient system of mind-body medicine to the modern reader relative to our special health concerns today. The book covers Ayurvedic recommendations for more than 80 of the most common ailments and provides a full range of treatment methods including diet, herbs, oils, and much more. The book also shows appropriate life-style practices and daily health considerations taking into account your own unique body type to aid you in achieving and maintaining optimum health and well-being.

ISBN 0-914955-97-7 468 pages paperbound \$22.95



## More Resources for You

### BOOKS

Lotus Press is one of the leading alternative health publishers in the world today, with specialties in the field of Ayurveda, Yoga, Reiki, Herbalism and other natural and traditional healing modalities. The books are available through natural health, online and metaphysical retailers nationwide. Lotus Press provides a full color annotated catalog of more than 300 titles free on request or visit the website at [www.lotuspress.com](http://www.lotuspress.com).

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262 889 8561 office phone  
Email: [lotuspress@lotuspress.com](mailto:lotuspress@lotuspress.com)

### PRODUCTS

Lotus Brands makes products inspired by Nature. The products range from Ayurvedic tools and remedies to herbal dietary supplements and herbal extracts, aromatherapy essential oils, incense, and personal care items such as massage oils, fragrances, bath salts, hair care items and much more. Lotus Brands now has a catalog of more than 1000 items. Our products are available through natural health, online and metaphysical retailers nationwide. To find out more about our brands and how to find our products, visit our website at [www.lotusbrands.com](http://www.lotusbrands.com).

Lotus Brands believes in bringing traditional healing modalities up to date for helping us achieve well-being and balance in the modern world.

Lotus Brands, Inc., PO Box 325, Twin Lakes, WI 53181  
USA 262 889 8561 office phone  
Email: [lotusbrands@lotuspress.com](mailto:lotusbrands@lotuspress.com)

### PATENT PENDING

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Lotus Brands, Inc., PO Box 325, Twin Lakes, WI 53181  
USA For information or assistance call 800 824 6396.  
Website: [www.lotusbrands.com](http://www.lotusbrands.com)  
Email: [lotusbrands@lotuspress.com](mailto:lotusbrands@lotuspress.com)