



## RELIEVE SINUS PRESSURE WITH A NETI POT. WHAT'S A NETI POT?

Millions of Americans have chronic sinus problems that cause a variety of miserable symptoms. In search of relief, many individuals have turned to nasal saline irrigation, a therapy that uses a salt and water solution to flush out the nasal cavity. One of the most popular forms of nasal irrigation is the Neti pot that has been around for centuries. It originally comes from the Ayurvedic/yoga medical tradition but just recently became popular in the U.S. because of an appearance on the Oprah Winfrey Show. Many individuals with sinus symptoms from bacterial infections, allergies and environmental irritants have begun to use it (or other nasal irrigation systems) regularly. They claim that regular usage alleviates congestion, facial pain and pressure and reduces the need for antibiotic and nasal sprays.

How the Neti pot works has to do with the tiny, hair-like structures called cilia that line the nasal and sinus cavities. The cilia wave back and forth to push mucus either to the throat to be swallowed or to the nose to be blown out. Saline solution helps increase the speed and improves the coordination of the cilia so that they can remove bacteria, allergens and other irritants that cause sinus problems.

To use the Neti pot, you'd mix about 16 oz of lukewarm water with 1 tsp of salt or ½ tsp of baking soda. Once the pot is full, you'd tilt your head over the sink at about a 45 degree angle, place the spout in your nostril and gently pour the saline solution. The fluid will flow through your nasal cavity into the other nostril. Blow your nose to get rid of any remaining liquid, refill the pot and repeat in the other nostril.



There aren't any "official" guidelines, but the Neti pot usually comes with an insert that explains how to use it and research has found that the Neti pot is generally safe. In studies, people with very severe sinus symptoms found relief using a Neti pot (or other nasal irrigation systems) daily. To prevent infection, it's important to properly care for your nasal irrigation device either by washing it well by hand or putting it in the dishwasher (if it's dish-washer safe) and drying it thoroughly!

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