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The Neti Pot – Natural Sinus Remedy

Natural method to clear your sinuses and relieve allergies!

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Numerous medical professionals today recommend using neti pots to relieve a number of sinus complications, from allergies, cold & flu sinus congestion, and even post-surgery care!

Photocredit: [Google Images](#) / [PixaBay](#)

Using a neti pot can often be used as alternatives or in combination with medication, to relieve these common sinus complications!

- 1. Allergies/Congestion:** Fight back allergy season, can help to remove allergens and irritants that cause congestion, facial pain, and pressure.
- 2. Cold & Sinus Infections:** Many have found nasal irrigation with a neti pot

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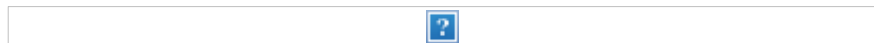
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extremely useful for relieving the symptoms of sinus infections during cold and flu season.

3. Post-surgery care: Useful for clearing away crusting that can occur in the nasal passages following ear, nose, and throat surgery.

How Does It Work?



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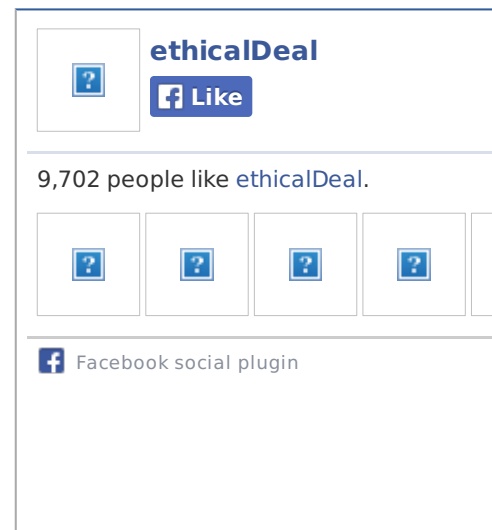
A neti pot works by flushing saline water through the nasal passages to lend a helping hand to our cilia in order to clear out mucus more effectively. Nasal and sinus passages can become clogged with mucus as a result of infection, surgery, or allergies. Follow these general steps (may differ depending on your particular neti pot):

Instructions

1. Lean over the sink
2. Tilt your head sideways with chin and forehead level horizontally
3. Breathe through your mouth
4. Insert the spout of your neti pot in your upper nostril
5. Drain the liquid through your sinuses so that it flows out of your lower nostril
6. Blow out to clear your nostrils
7. Repeat on the other side

Though they're safe to use for almost anyone, according to the US FDA the following guidelines should always be followed to avoid complications:

1. Always use filtered water: Since tap water can contain trace quantities of protozoa and bacteria for which your nasal passages have no defenses, it's important to always use boiled/sterilized and cooled water.
2. Clean and dry: Clean your neti pot with sterile or distilled water after each



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use and thoroughly dry it. Completely dry before using next time.

3. Prepare as per directions: When preparing the saline solution, be sure to follow the manufacturer directions carefully to ensure safe use.

A neti pot can be used for children as young as two, but checking up with your pediatrician is recommended. If your nasal irrigation doesn't relieve your symptoms or they worsen in any way - i.e. you develop a fever, nosebleed, or headaches - you should consult your health care provider.

So enjoy this safe, natural way for relieving the troublesome problems of allergies and sinus congestion!

About the Author:

Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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References

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