

Neti Pot Nasal Wash



"I find nasal irrigation to be the first line of defense in dealing with complicated sinus problems and allergy problems," says Evangeline Lausier, MD, assistant clinical professor of medicine and director of clinical services at Duke University's department of integrative medicine. "Particularly if you are developing congestion or have a sinus infection, it's very helpful." --WebMD

I first heard about the "Neti Pot" nasal wash from my yoga friends. I thought it was a ridiculous idea at first, but I have found over the years that Neti Pots are indeed valuable tools for nasal health—*especially if one suffers from chronic sinus or allergy problems*. For years, the people that have tried Neti Pots after hearing about them from me have found immediate relief within the first week of use including my own family and corporate clients. For about 14 bucks, it's worth a try!

There is a long list of "pros" and very few "cons" with nasal washes. The system of delivery can vary from bulb syringe, squeeze bottle, or my preferred method—the actual Neti Pot. Regardless, the principle is the same. Find which method you prefer then use it. When you have chronic sinus problems, the small "cilia" (hair-like structures) gets plugged up by thickened mucus. Cilia acts like flypaper to catch harmful particles *before they are inhaled* so they get swallowed and destroyed by stomach acid. The "washing" of sinus cavities helps thin out the thick mucus so the cilia can do a better job trapping particles before they are inhaled into the lungs. Following nasal wash, your system is better able to protect and defend against contaminants. Cons? Some suggest avoiding chronic nasal wash month after month as there is a chance that some of the beneficial antibacterial, antifungal, and antiviral agents found in mucus might be diluted.

Coach Tips: Most recommendations include the use of "saline" with filtered or distilled lukewarm water; however, I just use plain tap water—no salt. I keep it SIMPLE! If I have to use special water and add salt, I just won't do it. I use mine while in the shower to minimize mess. I don't use mine daily. I only use my Neti Pot when I'm congested or when I have been in dusty or bad air conditions. I use one particular type of Neti Pot because it has a thicker tip that plugs off the nostrils better—this model is also less expensive—see link below. Good luck and *Breathe Clean!*

Reference Links:

- [Purchase Eco Neti Pot](#) (~\$14, My Favorite!)
- [Neti Pot Usage Demonstration Video](#)
- [WebMD: Nasal Irrigation Pros/Cons](#)
- [WebMD: Usage Slide Show](#)

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