

Regularity of use

Continue the routine until all your symptoms resolve. This may take three to six months in the case of a chronic infection.

For acute problems like seasonal allergies, perform the nasal wash up to four times per day until your symptoms improve.

For chronic problems like sinus infections, it is usual to do the wash one or more times daily and continue for several months.

Cleaning

Clean with warm soapy water and dry with a microfiber cloth.

The Neti Solution

Before you reach for expensive over the counter or prescription allergy remedies for hay fever, seasonal allergies or chronic sinusitis, you might want to try an inexpensive alternative treatment that really seems to work not only as a treatment but as a remedy as well. We are talking about nasal irrigation.

Nasal irrigation takes a bit of getting used to, but once you learn the technique you'll see how easy and comfortable it is.

Buy your wholesome-me Neti Pot Irrigation Kit at GAPS Diet Australia.



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WHOLE**LESOME**
Neti Pot Irrigation





Nasal and sinus irrigation simply washes away the irritants causing the allergy symptoms. Nasal irrigation is useful not only for symptom relief when your allergies or sinuses are acting up, but also for routine “cleansing.”

Equipment Required

You will need a 'Neti Irrigation Kit' that has the following:

- All-natural Himalayan salt or sea salt
- Filtered or distilled water – 450mls (a little under 2 cups measurements)
- Stainless Steel Neti Pot
- Towel, tissues or washcloth

This technique may seem unusual at first. However, once learned, you will quickly realize how beneficial it can be.

Irrigation Procedure

1. The stainless steel Neti Pot is specially designed with a spout that fits comfortably in one nostril.
2. Heat water until it reaches body temperature and pour the warm water into the Neti Pot. The best temperature is 36°C or 98°F or a little warmer if well tolerated but it is important to test the water first so that you do not burn your nasal passage. Keep in mind that you do not want the water to cool too quickly because experience has shown us that cold water will tend to close up the nasal passage and not dissolve the mucus well. The stainless steel Neti Pot will keep the water warmer for longer than other devices on the market.
3. Add the salt to the water and make sure that all the salt dissolves. The salt-to-water ratio is 1 teaspoon salt to 1 pint (2 cups) water. Filtered or distilled water is best.
4. Some people prefer to perform the irrigation in the shower, however if you are doing this over the sink, we recommend you have some tissues or a towel handy.

When you are ready to start, lean over a sink, tilt your head forward so you are looking directly down toward the sink. Insert the spout into your right nostril. It is important that you breathe through your mouth. Turn your head to the right and let water move into the right nostril and exit the left nostril. Normally, you will feel the water as it passes through your sinuses. This will be an unusual feeling at first but after doing it the once, you will see how easy it really is.

It is fine if some of the water drains into your mouth. Simply spit it out and adjust the tilt of your head.

5. After using a half of the water brine, repeat the above procedure for the other nostril.

6. To finish, expel any remaining water by quickly blowing air out both open nostrils 15 times over the sink or in the shower. Avoid the temptation to block off one nostril.

