

NASAL WATER CLEANSING

JALA NETI

Why practice Jala neti:

- removes the mucus and pollution from the nasal passages and sinuses
- helps prevent and manage respiratory tract diseases like asthma and bronchitis
- helps relieve allergies such as colds, sinusitis, hay fever
- Can help relieve glue-ear; it benefits the eyes, ears and throat.
- Said to relieve muscular tension in the face, nervous tics and Bell's palsy.
- Helpful for migraine sufferers.
- helps alleviate anxiety, anger and depression, removes drowsiness
- Best of all it helps give us a fresh and youthful appearance!!!
- It stimulates the various nerve endings in the nose, improving the activities of the brain and therefore our overall health.

What you need:

- a *neti lota* (the Nose Buddy is a good brand).
- Sea salt or kosher salt...the purer the better. 1tsp per 250ml water
- Fill the vessel with lukewarm (Blood temperature) water (a mix of pre-boiled water with cold tap water is fine in the UK), suitable for pouring into the nostrils. Add the salt, making sure it is completely dissolved.

How to practice:

Breathing through the mouth, gently insert the spout of the pot into the left nostril. Slowly tilt the head slightly forward and down, tilting slightly sideways to the right, so that the water runs into the left nostril and out through the right nostril. This will happen automatically, provided the position of the pot and the angle of the head are correct, and the mouth is open for breathing. You must breathe through the mouth and keep it open.

Allow the water to flow freely through the nostrils for about 20 seconds, then remove the spout and clear the nose gently by blowing out the water. It is important not to blow too hard.

Repeat the procedure in the right nostril.

If the water passes down the throat, the head position is incorrect and needs to be adjusted.

Drying the nostrils.

After completion in both nostrils the nose needs to be cleared of water completely.

Bend forward so the top of your head is hanging down and clasp the hands behind the back. Slowly tilt your head to each side in turn. Remain inverted for about 30 seconds or until the nostrils are drained.

Stand up and blow sharply but gently through one nostril about 30 times, closing the other nostril by pressing the finger against the side. Repeat with the second nostril and then with both nostrils together, 30 times.

Test if the nostrils are dry by gently blowing through both nostrils on to the back of the hand. If no droplets are felt then you have probably completed the drying process.

If necessary, you can repeat the above drying steps several times.

Make sure you do not blow too hard.