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How to Use a Neti Pot by Kerry Thomas

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Using a neti pot for nasal irrigation is a simply process. The first thing you will need to do is decide what type of salt product you want to use. There are many different types available. The user should shop around to see what is out there and then decide which formula they want to try. Once you have your neti pot salt, it will need to be mixed properly. Measure the required amount into the neti pot and fill the pot with warm (not Hot) water. You will want to make sure that all the salt is dissolved during this stage.

Next, you need to lean forward over sink and keep your chin tucked in close to your chest. Most neti pots will have a spout that has a cone shaped end. The next step is to press the neti pot spout against your nostril and slowly begin tipping the pot to start the flow of water through your nose. Both nostrils are rinsed, so it really doesn't matter which one you begin with. If you start with the right nostril, then you should turn your face to the right and rinse from the right nostril, which will be the top nostril in this case. The excess water will flow from the right nostril through the sinuses and then exit out the left nostril.

By keeping your face down close to the sink, you can minimize splashing as the water exits. Part of the process of learning how to use a neti pot is to master the ability to keep the pot snug to the nostril while slowly tipping it to keep the water flowing. You will need to tip more as the water empties out of the pot. The objective is to keep a steady stream of the warm saline solution flowing. Continue tipping the pot until it has emptied out and there is no more water flowing from the open nostril.

Once you have rinsed your sinuses from one nostril, then you simply refill the pot and repeat the procedure from the other nostril. You are basically flushing from one direction , and then flushing from the other direction. This helps to loosen excessive and dried mucus and wash it out.

Once you have completed flushing from both sides then you will want to get any excess water out of your sinuses that did not drain. This can be done by gently blowing into a tissue and then you can lean forward and tilt your head from side to side and then blow the nose gently again.

The concept of pouring salt water through your nose may seem odd. The neti pot allows you to do this safely and works on the principle of gravity. There is no pressure generated in the sinuses via this procedure. The saline mix will stay in the sinuses while you are doing the flushing process if you do not swallow. You may also breathe normally through your mouth and even talk while doing the nasal irrigation process.

There should not be any discomfort as long as you have mixed the salt properly. Please consult the instructions that come with your neti pot to get the required amount of salt to add. Learning how to use a neti pot is a very simple process that most everyone can master with practice.

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Kerry Thomas is an article marketer and personally uses the neti pot. Learn more about a How To Use A Neti Pot Here: http://www.neti-pot.biz/

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