

Nasal Cleansing Pot
Instructional Presentation

ANCIENT SECRETS ®



Use of a Nasal Cleansing Pot

- For Cleansing and Moisturizing of Nasal Passages
- Traditional Practice of Neti
- Clear Nasal Passages
- Remove Excess Mucus
- Reduce Dust and Pollen by Cleansing Nasal Passages
- Relieve Nasal Dryness

Why Practice Nasal Cleansing

- Modern world filled with pollutants, dust and pollen
- Nasal cleansing helps keep your breathing filter clear
- Dry atmosphere dries out the nasal passages
- Nasal cleansing helps keep your nasal passages moist

History of Nasal Cleansing (Neti)

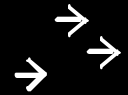
- Used by yoga practitioners for thousands of years
- Adopted by traditional healing science of Ayurveda
- Practiced world-wide for wellness and purification
- Widely popularized in the USA by Dr. Oz on The Oprah Winfrey Show & Dr. Oz. Show

Advanced Design

- Patented design provides easy grip
- Complete and easy control of water flow
- Heavy-duty construction—dishwasher safe
- Lead-free ceramic and food-grade glaze
- Plastic Travel Model from Food-Grade HDPE and manufactured in the USA



Ancient Secrets[®] Nasal Cleansing Pot Usage Instructions



Step 1: Prepare the Saline Solution

- *Use non-iodized fine table salt or USP-grade Nasal Cleansing Salt
- *Mix $\frac{1}{4}$ teaspoon of salt into about 8 oz. of warm water
- *Use distilled water or recently boiled water cooled to proper temperature
- *Water should be pleasantly warm (not "hot" or "cold") to the touch



Ancient Secrets® Nasal Cleansing Pot Usage Instructions



Step 2: Fill Your Nasal Cleansing Pot: Pour the mixed saline/warm water solution into your nasal cleansing pot. Note: You may choose to mix the solution directly in the pot.



Ancient Secrets[®] Nasal Cleansing Pot Usage Instructions

Step 3: Practice of Nasal Cleansing

*Best to practice over sink or basin to catch the water and mucus

*Tilt your head to one side

*Insert nozzle of nasal pot into upper nostril

*Slowly raise pot to start water flow

TIP: the water flow will work best once you achieve the correct angle of the head. Most people find that the head should be tipped slightly forward and to the side so that your lower eye can see the sink drain or bottom of basin out of the corner of the eye.

*It may take a few seconds for water flow to start. Once you achieve the correct angle it will flow steadily with the water flowing in the “upper” nostril and out the lower nostril.


*While practicing nasal cleansing continue to breathe easily through your mouth.

Note: the water will flow easily without going down your throat. If you notice any water trying to go into your mouth or throat, tilt head slightly more forward.

*after completing one side, reverse the tilt of the head and do it through the other nostril.


*Some people use half a pot per side. Others a full pot per side.





Ancient Secrets ® Nasal Cleansing Pot Usage Instructions

Step 4: Completing the Process

- *upon completion, exhale gently several times to clear the nasal passages. You may want to use a tissue to catch any excess mucus
 - *be sure not to close off the nostrils as you are gently blowing through your nostrils
 - *some people find it beneficial to do side or forward bending to allow easier drainage afterwards. Experiment with what works best for you.
 - *once you get used to it, the entire process only takes a couple of minutes to complete. Most people combine it with daily oral hygiene practices either morning or evening.
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Ancient Secrets[®] Nasal Cleansing Pot Usage Instructions

Step 5: Cleaning Your Nasal Cleansing Pot.

- *wash out the pot with warm water and a drop of dishsoap and carefully rinse away all soap and other residues.
- *Ancient Secrets[®] Nasal Cleansing Pots are constructed to be dishwasher safe and many people like to simply let the dishwasher handle the cleaning process for you.
- *Dishwasher provides hygienic method of cleaning and is recommended.



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