

Garden Column for the Salisbury Post

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A what? A neti pot? Is it a watering can? Is it a new type of pot to use for container gardening? Will my plants flourish in these unusual pots?

No, but as a gardener, you will! Do you dread the coming outdoor season because of sinus problems and allergies as a result of pollen and dust? If so, you will come to love this ancient kriya, or cleansing ritual, for your sinuses. Just as you take the time to clean your spades, shovels, lawnmower and other tools, take the time to cleanse your sinuses and your seasonal allergies may not visit this year or any other.

These little pots are shaped like small teapots. Many are commercially made and some are made by artists and potters. You can find them at your local health food stores or on the internet.

It is always interesting to people that water will flow freely into one nostril and out of the other, cleansing without going down the throat. What relief not to have nose solutions flowing into the throat and into the body as with traditional nose sprays! With the neti pot, you wash away mucus and allergens completely. The first time I used my neti pot, I felt that I could truly breathe fully. It has now become a daily practice. If I should happen to feel a cold coming, a twice daily cleansing usually takes care of that.

You must use warm water in your neti pot. Make sure that it is not too hot as your sinuses contain delicate tissue. Have tissues at hand. Dissolve, completely, 1/8 to ¼ teaspoon of NON-

IODIZED salt in your pot. The secret to cleansing is this:  
RELAX. Standing over your sink, tilt your head so that the top of your head or the crown, is completely parallel to your chin both are parallel to the sink. Completely relax as you place the spout of your neti pot into the upper nostril. Open your mouth; breathe through your mouth throughout the process, keeping your throat open, soft and relaxed as you pour the warm water into that nostril. Keep breathing, stay relaxed and the water will flow through and out of the lower nostril, washing away pollen, dust, and sinus congestion.

Standing up, very gently blow your nose; paying particular attention to the nostril that you poured the water into. Repeat the cleansing on the remaining nostril. Gently blow your nose again. Wash your pot with hot water, dry and store.

Give the neti pot a chance this season and you may just say a permanent good-bye to sinus problems. Just try it!

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