

Required Materials



- A nasal rinsing device such as a neti pot (ceramic)
- Green tea (optional)
- Sea salt (not iodised salt)

Making the Solution

Prepare a rinsing solution with a pinch of salt for every quarter of a cup of strong green tea. So in 250ml, you would add 4 pinches of salt. The point is to create a hypertonic solution so that water does not cause swelling of the tissues.

Bring the tea and salt solution to body temperature by cooling it or mixing in some cold water.

You can also just use sea salt in unchlorinated water that is at body temperature. Use the same measurements of salt to water.

Water left standing for up to 12 hours will partially de-chlorine, but use filtered, boiled water for best results.

Salt content can be adjusted, as you become familiar with the procedure.

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TO FEELING
GREAT



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More Information

Chronic low-grade infection in the nasal passages and sinuses is widespread and is recognised in East Asian Medicine to be associated with a wide range of health problems.

Apart from the obvious respiratory system complaints such as sinusitis, chronic cough and asthma, nasopharyngitis affects the body through a number of mechanisms:

- Chronic focal infection can eventually become systemic and cause inflammation or weakness of the soft tissue (that means your fascia, ligaments, tendons and muscles) throughout your body. Soft tissue dysfunctions as wide ranging as sciatica, neck pain, shoulder pain, TMJ, diaphragmatic problems and fibromyalgia have been successfully treated in part or completely through long term cleansing of the nasopharyngeal system.
- Unresolved infection chronically stresses many of the coping mechanisms of the body, resulting in fatigue of and imbalances in the autonomic immune system. Conditions such as adrenal fatigue and depression which affect the balance of the autonomic nervous system, may be assisted with the nasal rising program outlined in this brochure.
- Sinus congestion puts pressure on the sphenoid bone which in turn can affect pituitary functioning and therefore the entire hormonal system. (This is because the pituitary is one of the 'control towers' of the body's hormonal system.

Nasal Rinsing

Nasal rinsing has a long history amongst the Yoga, meditation and breath centred exercise traditions.

Many people consider routine nasal rinsing to be as much a part of their personal hygiene as teeth brushing and bathing.

The constant exposure to air pollution, airborne irritants, bacteria and mucus forming diets makes this form of personal hygiene particularly important today.



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Nasopharyngitis

Traditionally, the upper respiratory system is the first system in the body to be attacked by external pathogenic factors, which may be bacterial, viral or fungal. These 'attacks' will mostly present as ENT (ear, nose, throat) infections, acute common colds or the flu.

If the pathogenic factor is not properly resolved it will linger in the body and may proceed to, and 'hide out' in the inner layers of the body such as the fascia and ligaments, or overtime go deeper in the organ tissue. These lingering factors, called 'focal' infections can reside in the body for years, weakening the immune system and erupt every time the body is stressed or weakened. In this way these lingering pathogenic factors will over time influence and disturb many of the body's systems.

For example, chronic swelling of the nasopharyngeal lymph nodes (tonsils) may press against the first and second vertebrae and cause neck and shoulder pain, headaches and upper limb problems.

Chronic swelling may also cause exhaustion of the immune response, resulting in lowered immunity with recurring episodes of the common cold, sinus and ear infections. Or it can lead to inflammatory responses that send the system into overdrive and manifest as allergies.

Chronic cough and the strain it places on the lung; as well as on respiratory muscles around the rib cage, can disturb the liver function which may result in symptoms that don't immediately seem to be related to the respiratory system. However the underlying cause for upper respiratory system weakness will often stem from the nasopharynx. This is why nasal rinsing is important as part of daily hygiene routines.

The Rinsing Procedure

- Fill the neti pot with your solution
- Hang your head over a bathtub or sink
- Rotate your head 60 degrees to the left
- Insert the tapered end of the neti pot into your right nostril
- Allow the solution to gravity feed into your nose and out through your other nostril. Breathe through your mouth only.
- The solution may work its way to the back of your throat, this may not occur the first time, but when it does, spit out the solution
- Change the angle of your head if the solution runs down the throat too much.
- Perform this procedure with at least one half of the solution in your pot for each nostril.
- You can repeat this a couple of times in one session if required
- After each amount of solution has rinsed the nostril, GENTLY blow out through the rinsed nostril to expel loosened material.
- Make sure you close the opposite nostril while you do this.
- Eventually you will need to run the solution to the back of your throat. To do this, follow the steps above, making sure that instead of allowing the solution to run out of the opposite nostril, close the opposite nostril with your index finger or thumb instead and gravity feed the solution back into your throat.
- Make sure you do not inhale—ensure you close off the throat, as you do when you gargle and spit out the solution.

Considerations

- Depending on how congested your system is you may find it takes several times before encrusted material is moistened and dislodged, and for the procedure to run smoothly. Do not force things, be patient.
- The rinsing procedure may produce an uncomfortable burning sensation or headaches the first few times in which case you may need to adjust the salt content. Be patient, after a few days these problems will pass.
- Ensure you are NOT using chlorinated water. You may need to get a filter.
- Water and sea salt can be used but green tea has been found to have antibacterial effects.
- Do NOT inhale when allowing the solution to drain into your nostril cavity or your throat.
- To obtain lasting and maximum benefit it is very important to commit to this procedure 4-5 times a week for up to 2 months at a time.

