

Enjoy the benefits of cleansing your nose with



Yogi's
NoseBuddy[®]



Nose cleansing Neti - a refreshing yoga practice!

Traditionally recommended for the relief and prevention of nasal congestion, the common cold, sinusitis, hay fever and other allergies - and for increased mental clarity.



The ultimate neti pot

Please read instructions in this brochure before using **NoseBuddy**[®]

How to cleanse your nose with *Yogi's NoseBuddy*[®]

Rinse the pot and spoon with hot water prior to using the first time.

1 Put one level measuring spoon of salt in NoseBuddy (4.5 g).

Use a fine-grained table or cooking salt – preferably one free of additives, such as iodine or anti-caking agents. Coarse-grained salt may be used, but make sure it fully dissolves. We recommend using rock salt (from mines), since some people may experience reactions from sea salt, such as a stuffy or runny nose.

2 Fill the pot with lukewarm water up to the mark (0.5 litre).

Tap water is usually fine but let the water run awhile before filling the pot. You can also dissolve the salt in some hot water, then add cold water up to the water-level mark, bringing the saline solution to desired temperature (lukewarm/body temperature). Poor-quality tap water may require boiling or filtering.

If you experience dry mucous membranes, e.g. after a long flight, add a drop of vegetable oil, such as almond or sesame oil, to the water.

3 Stir the water until the salt fully dissolves.

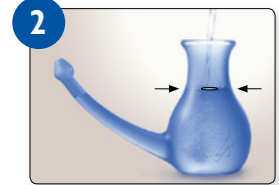
The water now has the same salt concentration as body cells. This is an isotonic solution (0.9% salt). The correct water temperature and salt concentration will ensure a pleasant experience.

4 Cleanse your nose.

Insert NoseBuddy's spout into one nostril so that it fits snugly. Breathe gently through your mouth.

Lean forward over a sink. Tilt your head slightly to one side, with the pot following the same angle, so that the water runs in through one nostril and out the other.

Pour half a pot through each nostril. Gently blow your nose after cleansing each nostril (see step 6). If your nose needs more thorough cleansing, use a full pot for each nostril.



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5 Let the water run out

Bend forward, your head and arms hanging down loosely. Allow the excess water to run out of your nose. Dab with a tissue. If you're familiar with yoga, you may enhance the effect by doing a yoga pose like the Clown or the Headstand.*

6 Blow your nose

Stand up and gently blow each nostril separately. Avoid vigorous blowing. Finish with the Blacksmith's Bellows breathing exercise:

7 The Blacksmith's Bellows

Sit with your back and head upright, place your index and middle finger on your forehead (see illustration 7).

Determine which nostril is most open

and shut the other nostril, using either thumb or ring finger.

Breathe in and out rapidly through the open nostril twenty times. Inhale fully and hold your breath for as long as is comfortable, by closing both nostrils. While holding your breath, let the air press gently in your nose. If congested, hold your breath longer.

Finally exhale slowly through the same nostril. Repeat on the other side and do the whole sequence twice more on each side.

For maximum benefit or when suffering from congestion, sinusitis, allergies or asthma, always do the Blacksmith's Bellows* after nose cleansing.

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7



*For more information about the Clown or Headstand yoga poses, or detailed instruction about the Blacksmith's Bellows breathing exercise, see Swami Janakananda's book, *Yoga, Tantra and Meditation in Daily Life*, or contact the Scandinavian Yoga and Meditation School. See back page.

Some Tips

If the water runs out too slowly or it doesn't come out through the other nostril

- a) you may be pressing the spout too firmly into your nostril, thus preventing proper flow.
- b) you may be holding the spout too loosely in your nostril; thus the water leaks on that same side.
- c) nasal congestion may be interfering with the flow. In this case, keep the spout in your nose, with the pot tilted, for a few minutes, allowing the salt water to loosen the blockage. Then blow your nose gently, one nostril at a time.

Repeat the procedure with your other nostril and keep changing from side to side until the water begins to run through, first dripping, then as a steady stream.

If you have a cold, blow your nose with special care – inflamed mucous membranes are more sensitive.

The unique construction of Yogi's NoseBuddy, with its large volume and long curved spout, facilitates good water flow. This means that in most cases, your nasal passages can be cleared.

If water runs down into your mouth

Sometimes a little water may run through your nose into your mouth. This is of no consequence and could be due to nasal congestion.

But if a lot of water runs into your mouth, you may need to adjust your body position by leaning further forward, tucking your chin closer to your chest or altering the tilt of your head. Remember to keep breathing through your mouth and avoid swallowing.

If it stings

This may be caused by too little or too much salt, or perhaps the salt has not dissolved fully.

Always use the measuring spoon for adding the correct amount of salt and fill the pot to the water-level mark. Stir properly, making sure the salt fully dissolves before cleansing your nose (review steps 1-3).

Different kinds of salt vary in their weight-per-volume ratio. So, you may need to use a bit more salt than a level measuring spoon. The solution is correct when it tastes like tears and the water is lukewarm/body temperature.

How often and how much?

Once or twice a day is recommended (morning/evening). However neti may be done more frequently to prevent an oncoming cold, clear nasal congestion or alleviate symptoms of sinusitis, asthma and hay fever. It's also ideal for removing particles after exposure to dusty, smoky or polluted air. To reduce snoring, do neti before going to bed.

For more thorough cleansing, use a full pot for each nostril. The positive effects of nose cleansing increase with regular daily use.

Washing

Rinse the pot and spoon in hot water before and after each use and dry at room temperature. Wash the pot by hand with a mild detergent or in a dishwasher when necessary – more often if you add oil to the water.

We recommend that you use your own personal pot and that you use it only for nose cleansing.

Yogi's NoseBuddy is a durable, quality product.

By following these instructions, you will enjoy using it for years to come.

Why cleanse your nose?

Nose cleansing is a yoga practice known as *neti*, which is rinsing your nose with lukewarm salt water (isotonic solution; 0.9 % salt).

Neti is recommended for alleviating nasal and sinus disorders, improving nasal breathing, increasing mental clarity, and as a preparation for yoga and meditation.

Many people cleanse their nose in the morning as a refreshing start to the day. Others prefer the benefits of neti after coming home from work.

This simple practice cleanses and moistens the nasal passages and mucous membranes.

On the surface of the mucous membranes – present in the nostrils, sinuses, trachea, bronchial tubes and auditory canals (between the nose and middle ear) – are microscopic hairs called *cilia*. Nose cleansing stimulates the cilia's sweeping movements, which remove phlegm, dust, pollen, bacteria and viruses.

This is one of the reasons why neti helps in relieving and preventing the common cold, sinusitis, asthma, allergies and infections of the airways, as well as problems caused by air pollution.

Dry environments reduce the cilia's effectiveness by drying out the mucous membranes. Nose cleansing restores their natural moisture and reduces swelling

of the mucous membranes, which causes nasal congestion. Neti may be beneficial during pregnancy and as prevention against snoring.

Nose cleansing stimulates and relaxes the area around the eyes and forehead. This may reduce headaches caused by nervous tension. Some experience clearer vision or an enhanced sense of smell.

Others find neti a useful aid to stop smoking.

When you do neti regularly, breathing through your nose becomes easier.

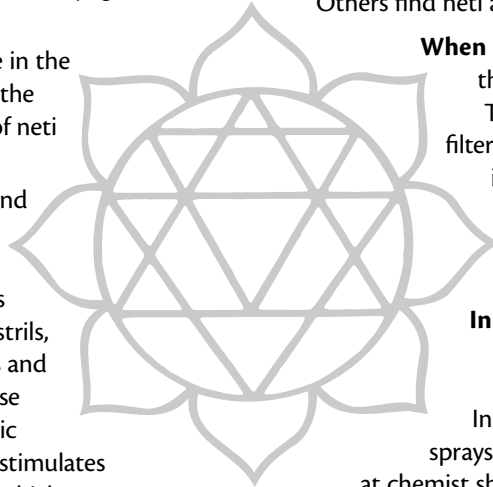
The incoming air is warmed and filtered. Nitrogen monoxide, produced in the sinuses, is carried with the breath to the lungs, where it dilates the blood vessels, thus increasing oxygen uptake.

In many countries nose cleansing is an age-old folk remedy for preventing the common cold.

In the early 20th century, pots and sprays for nose cleansing were available at chemist shops around Europe. This practice fell into disuse until the 1970s, when it was revived through the increased interest in yoga.

Today many doctors have discovered the benefits of neti and recommend its regular use.

"Nasal rinsing improves your general state of health. The more regularly you rinse your nose, the better and more sustained the health effects you achieve". (Prof. Thomas Schmidt, MD, Hannover Medical University)





Yogi's NoseBuddy®

Unique design - for excellent water flow!

NoseBuddy's large volume (0.5 litre) and long, curved spout facilitate cleansing your nose, even when severely congested.

Measuring spoon for salt + water-level mark

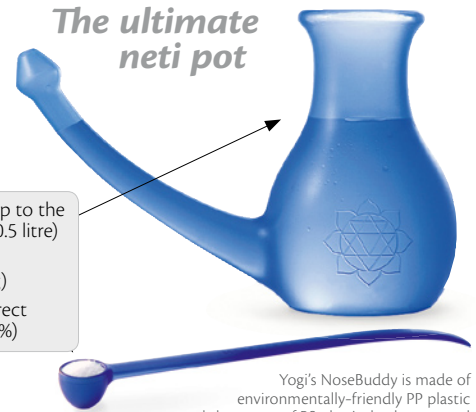
With the spoon and the water-level mark, you add just the right amount of salt and water - for a pleasant experience, every time!

Light and durable

Ideal at home and when travelling.

Easy to use both for adults and children

With NoseBuddy, nose cleansing soon becomes as easy and natural a part of daily hygiene as brushing your teeth.



*The ultimate
neti pot*

Lukewarm water up to the water-level mark (0.5 litre)

- + A level measuring spoon of salt (4.5 g)
- = Physiologically correct saline solution (0.9%)

Yogi's NoseBuddy is made of environmentally-friendly PP plastic and the spoon of PS plastic, both approved for medical use and recyclable as hard plastic.

A quality product created from more than 40 years of experience teaching nose cleansing.

Non-profit organisation

Designed and produced in Sweden by:

in Stockholm since 1976

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Yogi's NoseBuddy is CE-marked as a medical-technical product.



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The Scandinavian Yoga and Meditation School is one of the most well-established and advanced yoga and meditation schools in the West. Founded in 1970 in Copenhagen by the Danish yogi, Swami Janakananda. Today there are independent schools in Sweden, Denmark, Norway, Finland, Germany and France. The school is one of the few of its kind where the teachers have gone through full-time training for several years under ashram conditions.

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