

Enjoy the benefits of cleansing your nose with



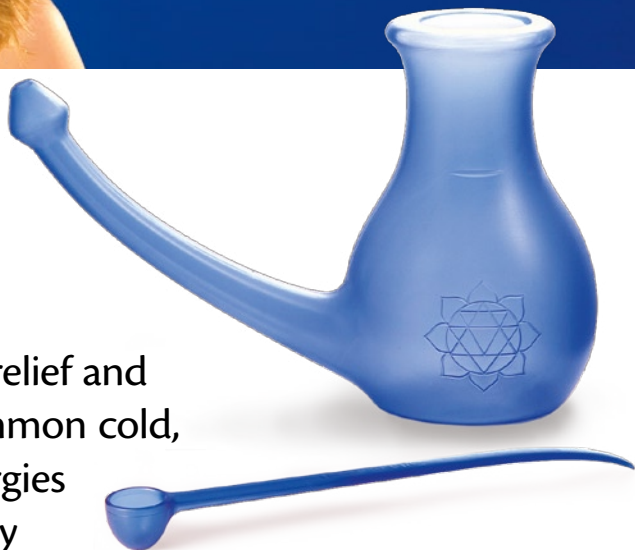
Yogi's
NoseBuddy®



Nose cleansing

**Neti - A refreshing
yoga method!**

Traditionally recommended for relief and prevention of blocked nose, common cold, sinusitis, hayfever and other allergies
- also for increased mental clarity



Please read this instruction leaflet before using **NoseBuddy®**

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

Clean the pot and spoon with hot water before using them for the first time.

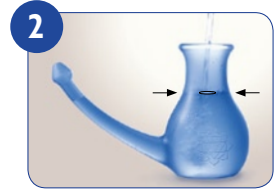
1 Put one level measuring spoon of salt in NoseBuddy (4.5 g)

Use a fine grained table or cooking salt, preferably free from additives such as iodine and anti-caking agent. Coarse grained salt can be used, although make sure it is fully dissolved. A few people may experience reactions to sea salt.



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

Tapwater is usually fine, but let the water run awhile before filling the pot. First dissolve the salt in some hot water, then add cold water up to the mark bringing the salt water to body temperature. Poor quality tap water may require boiling or filtering.



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

3 Stir the water until the salt has dissolved

The water should now have the same salt concentration as the body cells when in a state of physiological balance. This is called an isotonic solution (0.9% salt). Correct water temperature and salt concentration will ensure a pleasant experience.



4 Cleanse the nose

Stand over a wash basin and put the NoseBuddy's spout firmly in one nostril. Breathe gently through the mouth.

Bend the upper body slightly forward. Tilt the head to create a gradient so the water will pass easily into one nostril and out of the other.

Pour half a pot through each nostril, gently blowing your nose dry in between.

If the nose needs a more thorough cleanse to remove phlegm or dust particles then use a full neti pot for each nostril.



5**5 Let the water run out**

Bend forward with the head and upper body hanging down in a relaxed way for a while, so the water runs out of the nose. If you already know some yoga, you may find it beneficial to use a yoga pose like ‘the clown’ or ‘the headstand’.*

6 Blow your nose

Gently blow each nostril individually. Avoid vigorous blowing. Finish with:

7 The blacksmith’s bellows

Sit with your back straight and head upright. Place your right hand as shown in illustration no. 7. Feel which nostril is most open. Then close the other nostril using either the thumb or third finger.

Gently breathe in and out twenty times through the open nostril using fast and short breaths. Then breathe in fully and hold the breath with both nostrils closed.

Hold the breath in with a light pressure in the nasal cavity, just as long as it is comfortable. If your nose is blocked, hold the breath for longer.

Finally breathe out slowly through the same nostril. Repeat on the other side. Do the whole sequence three times with each nostril.

If you want to receive the maximum from neti, or if you suffer from a blocked nose, sinusitis, allergies or asthma, then always use the blacksmith’s bellows* after nose cleansing.

6**7**

* For more information on ‘the clown’, ‘the headstand’ and ‘the blacksmiths 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 slowly or if it doesn't come out through the other nostril

- a) Perhaps you are pressing the spout too hard into your nostril, preventing the flow of water.
- b) If the spout is not fitted tightly into the nostril, the water may be running out of the same side.
- c) If you have a cold or a blocked nose, the water does not always flow through immediately.

In this case, keep the spout in your nose for a few minutes to allow the salt water to loosen the congestion. Then blow your nose carefully one nostril at a time and change sides repeatedly until the water begins to flow. It will come drop by drop, then in a steady stream. Blow your nose with special care if you have a cold as inflamed mucous membranes are more sensitive.

The unique construction of Yogi's NoseBuddy, with a large volume and a long curved spout, facilitates a good flow of water. This means that in nearly all situations you can clear your nose.

If water flows down into the mouth

Once in a while a little water may flow into the mouth. That does not matter, it can be due to a blocked nose. However, if a lot of water runs down into the mouth, adjust the body position by bending further forward, tucking the chin closer to the chest or changing the tilt of the head. Remember to breathe through the mouth and avoid swallowing.

If it stings

Check the concentration of salt as this can be caused by

either too little or too much salt. Always use the measuring spoon to add the correct amount of salt.

You may need to use a heaped measuring spoon of salt instead of a level one. Different kinds of salt can have different weight per volume ratios. The mixture is correct when it tastes like a salty tear and the water should be lukewarm (body temperature).

Perhaps you have used a coarse grained salt that has not fully dissolved. Check again and follow instructions 1-3.

How often and how much?

Once or twice a day is recommended (morning/evening). However neti may be done as required eg if you are developing a cold, or to clear a blocked nose, alleviate sinusitis, asthma, hayfever or allergy symptoms.

You can also use it to remove particles if you have been in dusty, smoky or polluted air. To reduce snoring, do neti before going to bed.

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

Cleaning

Rinse the pot and spoon in hot water before and after use. Allow to dry at room temperature.

Wash the pot by hand with a mild detergent if necessary. NoseBuddy can be washed in a dishwasher, although lime stains may occur inside the pot.

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

Yogi's NoseBuddy is a long-lasting quality product, therefore if you follow the instructions you will enjoy it for several years.

Why cleanse your nose?

Nose cleansing is a hatha yoga method called *neti*. You cleanse your nose with an isotonic solution of lukewarm salt water (0.9 %).

Neti is traditionally recommended for alleviating nasal and sinus disorders, for improving the flow of breath in the nose, increasing mental clarity and as a preparation for yoga and meditation.

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

This simple method cleans and moistens the nose and mucous membranes.

On the surface of the mucous membranes, in the nostrils, sinuses, airways, bronchi and auditory tubes (between the nose and middle ear) are microscopic hairs called cilia. Nose cleansing stimulates the cilia's sweeping movements to remove phlegm, dust and pollen and, with it bacteria which may precede a virus attack.

This is one of the ways in which neti can relieve or prevent common colds, sinusitis, asthma, allergies and infections of the airways, as well as problems caused by air pollution.

Dry environments reduce the effectiveness of the cilia by drying the mucous membranes. Nose cleansing restores their natural moisture and reduces swollen

mucous membranes which cause a blocked nose. Neti can be beneficial during pregnancy and also as a prevention for snoring.

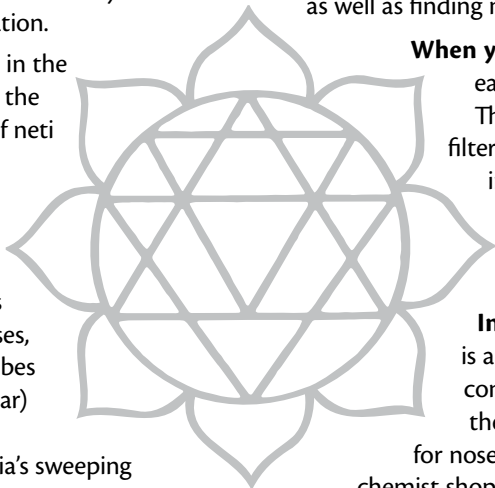
Nose cleansing stimulates and energises the area around the eyes and forehead. This may reduce headaches caused by nervous tension. People have experienced clearer vision, improved sense of smell as well as finding neti helpful in stopping smoking.

When you do neti regularly it becomes easier to breathe through the nose. The incoming air is warmed and filtered. Nitrogen monoxide produced in the sinuses is carried with the breath to the lungs, where it increases oxygen uptake by dilating the blood vessels.

In many countries nose cleansing is an age-old folk remedy to prevent common colds. At the beginning of the 20th Century, pots and sprays for nose cleansing were available from chemist shops around Europe. This was forgotten until the 1970's, when this knowledge was revived through increased interest in yoga.

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

"Nose cleansing improves general health. The more regularly you cleanse your nose the greater and longer lasting the effect is". (Prof Thomas Schmidt MD, The Medical University of Hannover)



Yogi's NoseBuddy®



Unique construction that results in a very good flow of water

NoseBuddy's large volume (0.5 litre) and the long curved spout make it easy to cleanse the nose even if it is severely congested.

A measuring spoon for salt + a measuring mark for water

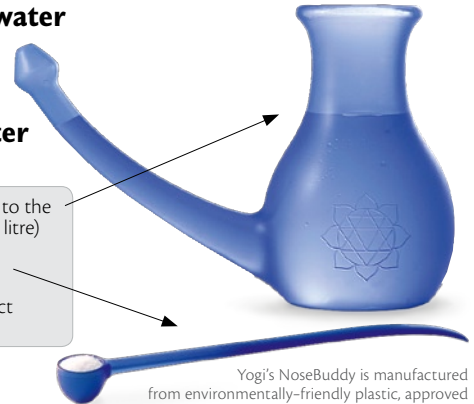
Mix the salt and water in the pot. Use the correct salt content every time. NoseBuddy is transparent, it is easy to see the water level.

Light and durable

Ideal at home and when travelling.

Easy for both adults and children to use

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



- Lukewarm water up to the measuring mark (0.5 litre)
- + One level measuring spoon of salt (4.5 g)
- = Physiologically correct salt content (0.9%)

Yogi's NoseBuddy is manufactured from environmentally-friendly plastic, approved for medical use. The pot is made from PP-plastic and the spoon from PS-plastic. Can be recycled as hard plastic.

A quality product created from more than 35 years experience of teaching nose cleansing.

The 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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Scandinavian Yoga and Meditation School is one of the most advanced and well-established yoga and meditation schools in the West. It was founded in 1970 in Copenhagen by the Danish yogi Swami Janakananda. Today you can find branches in Sweden, Denmark, Norway, Finland, Germany and France. The school is one of the few yoga and meditation schools in Europe where teachers receive full time training under ashram conditions lasting several years.

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