



Neti Pots

and other fun cleansing techniques!

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Background



- 1 month at Yoga Niketan ashram in India in 2008

Jala Neti

- Neti: the yogic system of nasal cleansing techniques
- Jala Neti a.k.a. nasal irrigation
 - cleansing with water





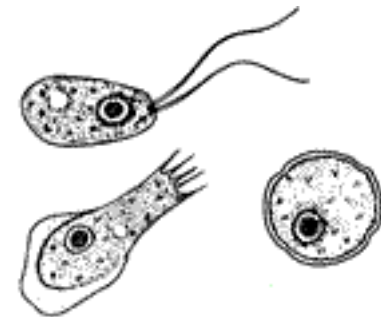
Benefits of “Neti Potting”

- Relief from common cold and hay-fever
- Flushes dirt, airborne allergens, pollutants bacteria-filled mucus
- Loosens and thins mucus
 - Easier to expel!
- Nose hairs more efficient
- Better quality of life



BEWARE

- Non-iodized “kosher” salt is ideal
- boiled or distilled water advised
 - Naegleria fowleri bacteria
 - Rare fatal brain infection
 - 98% chance of death



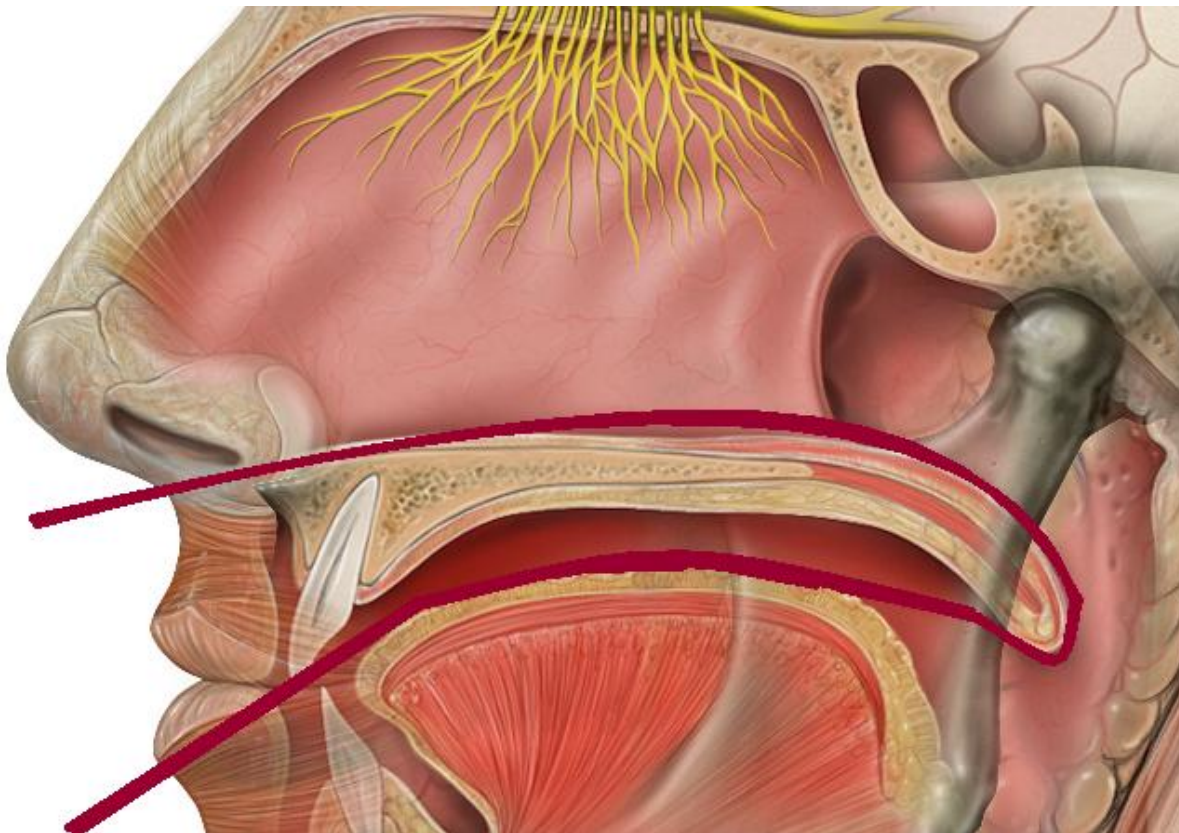
But there's more

- Water snorted through nose into mouth
- Water pushed from mouth out nose
- Jala Neti can be competitive
 - <http://www.youtube.com/watch?v=2EfFlIgBO50>



Sutra Neti

- Cleansing of the nasal system with a rubber catheter
- I call it “nasal flossing”



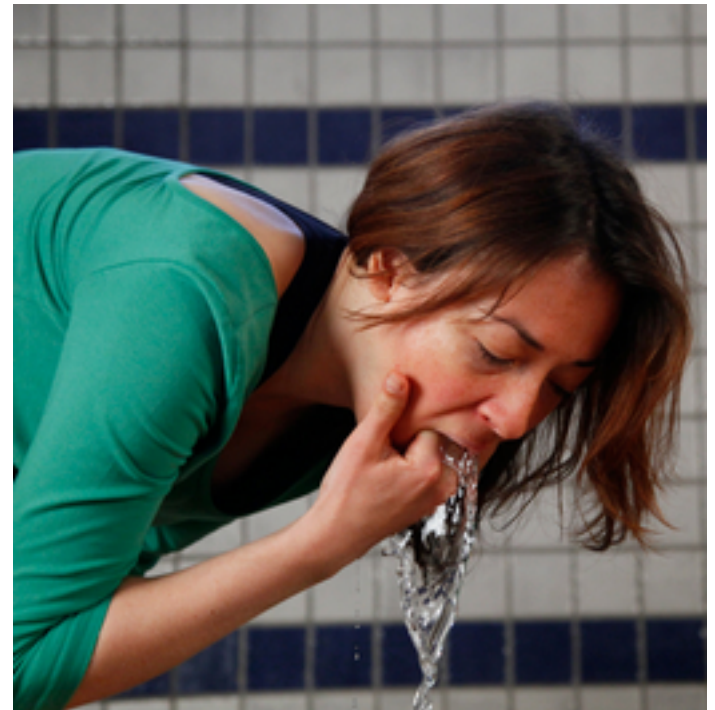
Vastra Dhauti

- Swallow a piece of 20ft cloth about 3” wide
- Retain cloth in stomach for 5 minutes
- Do Nauli Kriya
- Extract cloth
- Why? Removes phlegm, bile, “impurities”



Vaman Dhauti

- Swallow a ton of salt water
- Vomit
- Similar to stomach pump
- Why? Cleans the stomach so you can digest food more easily



Danda Dhauti

- Swallow a ton of salt water
- Insert catheter into throat and swallow it
- Lean forward and let stomach empty
- Remove catheter slowly
- Why? Eliminates excess bile, acids, mucus and toxins



Jala Basti

- Yogic Enema
- Suck water into your anus and release it
- Beginners insert catheters as an aid
- Unfortunately, no image of video could be found
- Shtal basti: air instead of water
- Benefits:
 - relieves arthritis,
 - insomnia,
 - boosts sexual energy and confidence,
 - gives a feeling of positivity/enthusiasm,
 - fixes bad breath,
 - fixes heart problems,
 - removes depression

Go forth and cleanse.

