

Narial

Nasal Cups™

Advantages of the Narial Nasal Cup™:

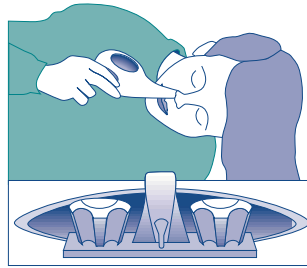
- Easy to clean. Generally just needs to be rinsed before and after use. Both plastic and ceramic cups are top-drawer dishwasher safe.
- Very portable, fits in purse or briefcase.
- No electricity needed.
- Requires only tap water and table salt, no need to buy special solutions.
- The plastic version is shatterproof.
- Money back guarantee. If you are dissatisfied with our product for any reason, we will refund your money.
- Complete directions on its use and explanations of the benefits of nasal irrigation are included with every cup.
- Toll-free support is available to every one of our customers, no matter where the product is purchased. Our 800 number is on the bottom of every cup. Every representative who answers our phones uses the cup and is trained to answer your questions.



DIRECTIONS

1. Rinse cup before each use.
2. Fill cup with warm water.
3. Dissolve a level 1/4 teaspoon salt into the water in the cup.
4. Lean over the sink, bending from the waist and rotate your head.
5. Place the spout of the cup against your upper nostril and allow the solution to flow on its own into the nostril, across the nasal cavities, out the other nostril and into the sink.
6. Gently blow your nose leaving both nostrils open. This prevents anything from being forced into the ear canals.
7. Repeat steps 1 - 6 using the other nostril.

We recommend leaving a container of salt and a 1/4 teaspoon measure in the bathroom to encourage daily use.



Addition of other ingredients to the saline solution:

Other salts, like Kosher or sea salt, may be substituted for table salt. Please note that these salts may take additional effort to dissolve.

If desired, a 1/4 to 1/2 teaspoon of baking soda may be added to the saline solution as a buffering agent should discomfort occur.

We have received reports of people adding other ingredients, such as garlic or aromatherapy oils to the saline solution. At present, we have no information, positive or negative, about the effects of these ingredients.

FREQUENTLY ASKED QUESTIONS

What is nasal irrigation?

Nasal irrigation is an ancient ayurvedic technique for maintaining upper respiratory health. It is performed with a nasal cup - a teapot-like device filled with lukewarm saltwater. The salt-water solution is poured through one nostril, flows across the nasal septum, and out the other nostril carrying pollution, bacteria, allergens and other debris with it.

What are the benefits of nasal irrigation?

Regular nasal irrigation has been shown to reduce or eliminate allergies, colds and flus, bronchitis, sinus infections, ear infections, coughing, stuffy and runny noses, and other upper respiratory disorders.

Most respiratory disorders are caused by either pollutants, allergens, bacteria or dried mucous accumulating in the sinuses. These can cause the body to react by producing excess mucous to try to remove the problem, which often leads to runny noses, coughing or even bronchitis when the mucous begins to drip down the throat onto the bronchial tubes. Additionally, bacteria allowed to build up in the sinus cavities often leads to sinus or ear infections, and may create chronic problems.

By flushing irritants out of the nasal cavities, the Narial Nasal Cup™ allows proper functioning of the respiratory system, encouraging good health and proper breathing.

If the solution doesn't actually go into the sinus cavity, how can it help clear up or prevent a sinus infection?

The sinuses and nasal cavities are connected by little holes. The sinuses drain through these holes into the nasal cavity and out the nose or into the throat. Nasal irrigation keeps these passages clear by removing debris which clogs them thus allowing normal drainage to occur and preventing congestion and infection. In addition, the saline solution thins and removes the thick, heavy mucous which is a breeding ground for bacteria while diluting the bacteria and washing it away.

What do the doctors say?

Nasal irrigation has been recommended by doctors in this country for over 100 years. There is even medical research examining the benefits of the practice. Many Ear-Nose-Throat doctors around the country have rediscovered this information and are encouraging their patients to practice nasal irrigation daily.

Who should use the Narial Nasal Cup™?

Nasal irrigation benefits everyone who breathes. It is recommended to be done 1-2 times a day to help maintain upper respiratory health, especially after exposure to allergens and pollutants, such as from lawn mowing or working in a factory.

During periods of upper respiratory illness, the Narial Nasal Cup™ is particularly effective in reducing symptoms and hastening recovery. For people suffering from sinus infections, persistent allergies, bronchitis, or a cold or flu, it may be done up to 4 or 5 times a day, until the condition has passed.

Does it hurt?

No. Nasal irrigation with The Narial Nasal Cup™, when done properly, is comfortable and refreshing. The main reason it might sting or burn is that the salt is not measured accurately. When the cup is full, a level 1/4 teaspoon of salt is exactly the right amount to make the solution the same salinity as your body tissues. Too much, or even too little, salt can cause the solution to be abrasive. Be sure the salt is dissolved completely. If you have a water softener, you may need to use less salt. If desired, a 1/4 to 1/2 teaspoon of baking soda may be added to the saline solution as a buffering agent should discomfort occur.

I am sure I am measuring the salt carefully and it still burns a little. What's wrong?

Sometimes the membranes in your nasal passages are dry and cracked due to central heating, climate or the use of some medications, particularly those designed to treat congestion. If this is the case, wash your hands thoroughly, then pour a little cooking oil into the palm of your hand (olive or sesame are fine), dip your little finger into the

oil and then very gently rub the oil inside your nostril. Inhale gently to move the oil upward. Do this for several days and you should see a difference.

Will it go into my throat?

No. By bending over at the waist and placing your head lower than your shoulders, the solution will flow gently in one nostril and out the other. You can even breathe through your mouth while using it.

Why isn't the solution coming out the other nostril?

The main reason the solution does not come out the downturned nostril is that the nasal cavity is so heavily congested that the water cannot get through. In that case, a small amount of the solution will remain in your nasal cavity and soften and dilute the mucous and/or debris which is encrusted there. Over the next few hours you may experience dripping from the nose, particularly when you bend over, as the solution works to dissolve the obstruction; so keep a tissue handy. After a couple of days, the congestion should be cleared and the solution will flow out. Daily use will keep it under control.

Will it dry out my sinuses?

The solution is mild enough that use 1-2 times a day will not dry the tissues. Sometimes, however, people experience a drying of the nasal tissues, especially during the winter when indoor air is artificially hot and dry. In this case, simply moisturize the sinuses as described above.

Why shouldn't I hold one nostril shut when I blow my nose? That's the way I have always done it.

When you hold one nostril shut, then blow, the material in the nasal cavity may either go out the other nostril or into the inner ear. The danger is that you may force infectious material into the inner ear leading to ear infections or cause damage to the ear. You should always blow gently. It takes practice to blow through both nostrils, but you can do it.

How often should I use the cup?

Under normal conditions, 1 - 2 times a day. If you are suffering from sinus infection or congestion, 3 or 4 times a day for a couple of days could be helpful. Excessive use of the saline solution can be drying, however, so prolonged use more than twice a day is not recommended. Using the cup immediately after exposure to pollutants and allergens - after yard work or heavy cleaning, for instance - is very helpful.

Do I have to purchase special salt packets?

Nope. The Narial Nasal Cup™ is designed to use regular tap water and table salt. If you choose to use distilled or bottled water, be sure it is warmed, but not hot. You can also use mineral, sea or Kosher salt. Be aware that these salts take more work to dissolve fully into the water.

Will I be able to get off medications?

Although we can't guarantee everyone will be able to stop their medications, we receive many wonderful stories each year from people who were able to stop using nasal sprays, anti-histamines or other medications through regular use of the cup. As always, consult your doctor before quitting any medication.

The Narial Nasal Cup™ is scientifically designed to be safe, comfortable, effective, and easy to use. Because of the precision design, the cup holds the exact amount of water needed to always create an isotonic solution. It is streamlined for ease of holding and using and is small enough to be portable.

The Narial Nasal Cup™ is an FDA approved Class I medical device available in elegant ceramic and shatterproof plastic, both made in the USA. The ceramic cup is handmade, hand fired and hand glazed with lead-free glaze.

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