Neti Pot Saline Mix by Kerry Thomas

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Neti Pot salt is available commercially as prepackaged individual mixes and also it can be found in bulk form. The bulk neti pot salt is usually found in containers or even plastic bags. Neti salt comes in a variety of strengths or saline concentrations. You make see terms such as Isotonic and Hypertonic. An Isotonic formula is a saline solution that has been designed to match the body's own natural saline content. This is of course dependent upon the volume of the neti pot and the desired concentration will only be mixed if the correct water to salt ratio is followed. Most Isotonic salts will be in premixed packets that are designed for use in a certain pot with a known volume. This helps eliminate the need to measure the salt and you simply mix the salt into the specified neti pot.

You may also see the term Hypertonic. This is a stronger saline mix and can also be found prepackaged to render a hypertonic solution upon mixing into the specified neti pot. Bulk Salt products can mix either type of solution depending on how much salt you add. If you want an Isotonic formula,then you use less salt with a given neti pot volume. Adding more salt makes it hypertonic.

Isotonic solutions are ideal for new users of the neti pot. These lower strength formulas do not usually cause discomfort for the user if mixed properly. The salt concentration of these formulas are essentially identical to the saline content of your tears...in other words they are not foreign to the body and thus do not sting. Hypertonic mixes can cause discomfort to the user in the form of stinging. The extra saline is used to help produce more mucus during the flushing process and is believed to dilute excess mucus and help remove dried mucus as well.

Bulk neti pot salt can be hard to travel with, so the user may want to consider using the smaller individual packets while traveling. The packets also eliminate the need to physically measure the salt amount you need to add. Neti pots can be bought with several days supply of salt. These are known as starter kits and once you use up the supplied salt, you simply obtain refills. These are readily available and can be found in Isotonic and Hypertonic mixtures.

Neti pot salt can also be found with additives. These are usually herbal mixes and may even contain capsaicin (the hot ingredient in pepper) which stimulates more mucus and helps with the flushing process. New users should start out with an Isotonic formula and then move to stronger formulas and additives after you become used to the nasal irrigation process.

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Kerry Thomas - About Author:
Kerry Thomas is an online entrepreneur and article writer and uses the neti pot daily. You can find out more about a Neti Pot Saline Mix here: http://www.neti-pot.biz/

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