

Nasal irrigation or nasal lavage is the personal hygiene practice in which the nasal cavity is washed to flush out excess mucus and debris from the nose and sinuses. It has been practiced in India for centuries as one of the disciplines of yoga. Clinical testing has shown that this practice is safe and beneficial with no side effects.

A Neti Pot is the safe and easy way to rinse out your nose sinuses, and **Belew Drug** is your convenient source for these hard to find items.

