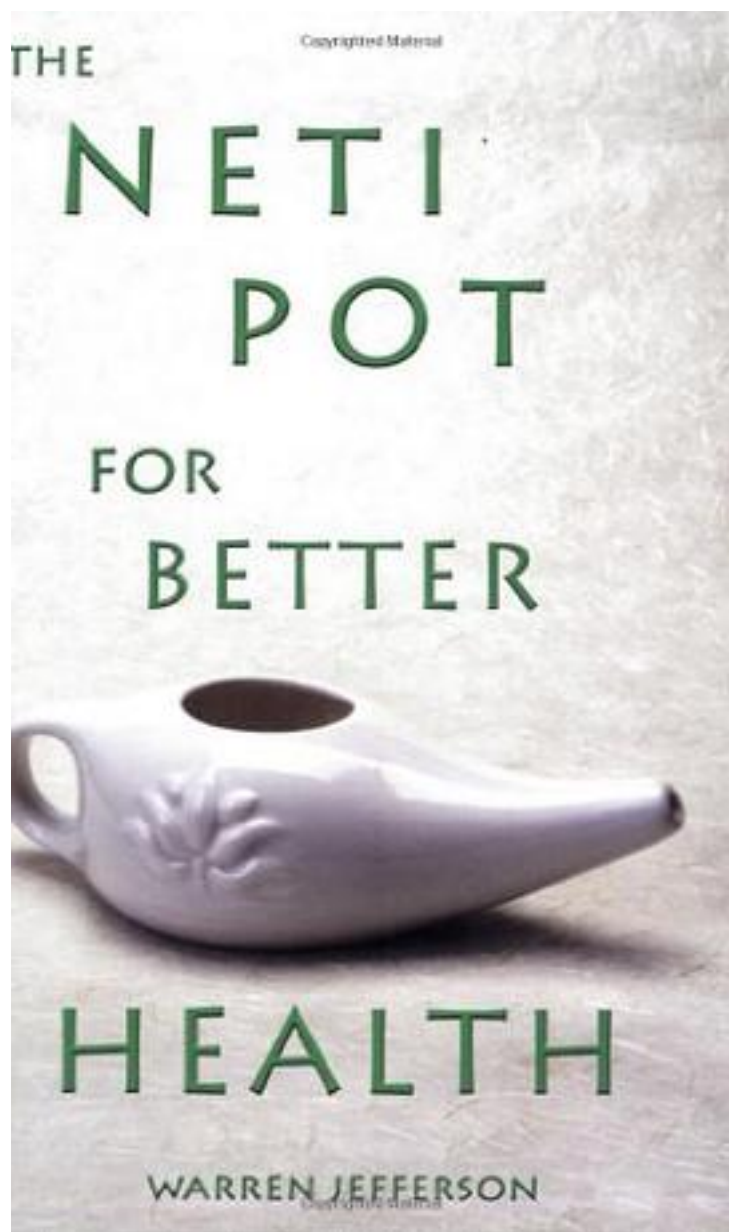


The Neti Pot for Better Health



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著者:Jefferson, Warren

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For hundreds of years in the East, the combination of a neti pot and saline solution have been used for optimum nasal cleansing. Today a growing number of people in the West are discovering the benefits of using a neti pot. For the many people who suffer from allergies and sinus infections, using a neti pot may be a simple, safe, and effective way to find relief. It's also helpful for reducing the discomfort of common colds and flu. This little book provides background, resources, and instructions for this natural health maintenance method.

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