

Module 2 – Pillar Two: Personal Care

Nasal Lubrication



Nasal Lubrication.

Many people find this simple strategy very addictive. And very effective. Its origins are in ancient India with many benefits ranging from preventing headaches, avoiding Alzheimer's to improving your sense of smell. I can't show you "the science" to prove this

statement. We have to wait for the FDA to start funding natural cures research!

However, Ayurvedic practitioners have been successfully recommending this low-cost remedy for centuries.

How Inexpensive?

The "dosage" for this strategy is only 2–6 drops a day — which puts no strain on the family budget at all. Let's get right to it with:

How To Do It

Here's the traditional prescription.

1. Fill a medicine dropper with organic sesame oil.
2. Tip your head back and put one drop in each nostril.
3. Inhale deeply three times, feeling the oil move into your sinus cavities. Some oil may drip down your throat but don't worry. This can soothe your throat and lubricate your vocal cords!
4. Wipe away any excess oil with tissue paper or running water.

And here's how I've adapted this method to suit me.

1. I wash my hands well.
2. Put two drops of oil from a dropper bottle into my palm.
3. Dip my little finger in the oil. (Note: this is the only time it's legal to stick your fingers in your nose!)
4. Apply the oil to the inside of my nostrils and sniff while I'm doing it.

Inside This Week's Future Health *Now!* Module...

| | |
|---------------------------------------|--------|
| A health secret from ancient India... | page 1 |
| How inexpensive is it ... | page 1 |
| How to do it ... | page 1 |
| Warning: rancidity... | page 2 |
| When to do it ... | page 2 |
| Why it works ... | page 2 |
| How to know that it's working ... | page 3 |
| Questions and answers... | page 3 |
| Nasal Lubrication with a neti pot... | page 3 |
| How to make it happen... | page 3 |
| What's coming next week... | page 4 |

Warning about Rancidity

Make sure you don't store a large quantity of oil for nasal lubrication in your bathroom (unless you are using it for something else). Especially if your bathroom is warm, you may want to keep only a half-full medicine dropper bottle at a time out of the fridge. Oils can spoil and become rancid if left for too long. Since you'll only be using a few drops each day you won't be using it up too quickly.

When To Do It

The easiest way to add nasal lubrication to your life is to make it part of your morning and evening routine. When you brush your teeth, have a medicine bottle of sesame oil on the counter. It only takes about 30 seconds.

Why It Works...

No matter how perfect your diet or how clean you keep your living space — or even whether you live in the big city or some pristine valley — you're inhaling as much as two and a half tablespoons of irritants every single day. This includes the unnatural items like petrol, perfumes and the natural offenders like pollen, animal fur and dust.

These can get trapped in your nasal passages where they can irritate the delicate mucus membranes. Viruses can find a home in this environment leading to colds (where your body creates a mucous response to flush out the irritants).

I think about what I inhale every time I dust and wipe my window sills and baseboards. Winds blow and dust is in the air settling everywhere — including our nasal passages. We do have nasal hairs that trap some of this dust and we do sneeze it out and blow it out, but nasal lubrication takes you one step further.

By sniffing oil you help prevent these "nasties" from congesting your nasal passage in the first place.

The oil also works as a barrier between your nasal passage and unwanted viruses.

In Ayurvedic medicine they also believe the oil will move subtly from your nasal passages into the brain. Considering that the brain consists mainly of fat and that East Indians have fewer cases of Alzheimer's than any other people... they just may know what they are talking about!

How To Know That It's Working

After four weeks of nasal lubrication, you may find that you don't want to stop. That's a clear sign that your body is benefiting. You should start feeling less dryness and crusting in your nose. Congestion in your nasal passages will be reduced. And if you have allergies you will probably be less sensitive to pollutants and pollen. You may also notice your sense of smell improving. The oil will actually lubricate those nerve endings.

Because you won't be as congested, you will not need to work so hard at breathing. You'll also be able to enjoy deeper sleep. Notice whether you feel more refreshed in the morning. Especially if you do a treatment right before bed.

I'm convinced that this treatment can even help people with sleep apnea. There seems to be an epidemic of this condition. By decongesting the nasal passages and the brain, nasal lubrication might be the solution. Please share your experience with this method.

Questions and Answers

My nose is always running since I started nasal lubrication a few days ago – is this normal?

You may find the oil loosens up a lot of “junk” that’s been hardening to the sides of your deep nasal passages and you may have to blow your nose more than you are used to. Better out than in. This beneficial side effect should clear up in a few days.

If you used to experience a sinus pain and now you don’t, and the nasal drip continues, this may be a sign that you are continuing to inhale a lot of irritants. The oil is merely stopping the irritants from “sticking” to your sinus cavity and flushing them out. In future modules I’ll show you different ways to improve the quality of the air you breathe in each day. Until then... ask yourself if you would rather endure a little nasal drip than a sinus headache?

Can I use a different kind of oil?

Sesame is the oil that is recommended in Ayurveda and the one I recommend. If you find some other oil works just as well, let us know so we can research it and pass on the information. Whatever you use, just make sure it is 100% organic as you do NOT want to be putting any chemicals up your nose (when the whole purpose of this exercise is to cleanse your nasal passages).

What if I don’t have a medicine dropper?

You can dip a q-tip in the oil and then place that under your nostrils and inhale deeply. You can also just dip a clean finger into the oil and “snort” it off your fingertip.

I do the neti pot occasionally – with a mild saline solution of warm water and sea salt... It does kinda smart at first. The kids REFUSE to do it after trying it once. I think it feels great afterward, though. Your thoughts?

In Module 50 I’ll discuss the neti pot under the provocative title of *Gargling and Snorting!* As it relates to the Nasal Lubrication technique you may want to try combining the two practices. Place a few drops of sesame oil in your nose before you get your neti pot ready. This will help loosen up irritants and then the neti pot can wash them away.

Even more important, though, is to do it *after* you do the neti pot. The saline solution you used may have a very drying effect on the nasal cavity. As you say, it “kinda smarts.” (You may want to try using less salt.) The nasal lubrication treatment makes a very soothing follow up to an intense session with your neti pot.

I have often seen the roasted sesame oil and sometimes they say toasted – but not the raw version – which one are you referring to?

Eden Organics offers a cold pressed sesame oil. It’s available through most health food stores. In Ayurveda, though, they actually encourage the roasted oil saying it is “purified.” Of course, Ayurveda is fond of cooking most things. And toasting and roasting refer to the same thing.

Make It Happen...

Don’t worry, if you can’t do EVERYTHING that I outline in the Future Health *Now!* modules. I don’t expect you to! Even if you just do 20% you’ll probably see 80% of the results you are looking for.

Even so, the nasal lubrication strategy is pretty straightforward. Just buy the smallest bottle of sesame oil you can find. Four ounces will go a long way. If you can’t afford organic sesame oil then use organic olive oil or safflower oil. Any organic oil is better than none. Do it once a day, if you can’t remember to do it twice a day.

Until Next Week...

If you don't think you can do EVERYTHING that I outline in the Future Health Now! modules, don't worry. I don't expect you to! Even if you just do 20% you'll probably see 80% of the results you are looking for.

Even so, the nasal lubrication strategy is pretty straightforward. Just buy the smallest bottle of sesame oil you can find. Four ounces will go a long way. If you can't afford organic sesame oil then use organic olive oil or safflower oil. Any organic oil is better than none. Do it once a day, if you can't remember to do it twice a day.

Coming Up In Module 3...

It's all about *Old Fashioned Vitamin C*. These days, new wonder herbs, super-nutrients and "celebrity" supplements take center stage while the basics get ignored. You may have heard that this vitamin helps prevent colds but you may not know how important it is for your adrenals.

Today's fruits and vegetables don't offer the same quality and quantity of Vitamin C they did "back in the day." In Module 3, I explain exactly how you can get enough vitamin C from food-based sources your body can absorb.

If you have any questions about this module email me at help@drcarolyndean.com.



Disclaimer: The entire contents of this document are based upon the opinions of Dr. Carolyn Dean – unless otherwise noted. This document is not intended to replace a one-on-one relationship with a qualified health professional and is not intended as medical advice. It is a sharing of information from the 40+ years of research and experience of Dr. Dean. Dr. Dean encourages you to make your own health care decisions based upon your own research and in partnership with a qualified health care professional.

Copyright Notification: Copyright © 2009 Dr. Carolyn Dean and Doctor of the Future Publications. Just because this is a digital file does not mean you are allowed to make copies for other people. That is considered an act of piracy (whether you ask for money or not – though asking for money is super-piracy). You do, however, have permission to share this module with members of your household.