



AYURVEDA

Every Day with Talya

Your Fast-Track Cold & Flu Remedy How To Cut Your Recovery Time In Half

STEP ONE: Open Up Your Respiratory Pathways with a Quick Herbal Steam

Fire up your stove and get a steam going anytime you need to open your lungs, clear phlegm, or get more energy and clarity to your brain. Or, steam anytime you need to:

- Fend off viral infections
- Protect your lungs
- Open up the respiratory tract
- Clear your sinuses
- Clear a sinus infection
- Breathe better
- Digest better
- Breathe more deeply
- Warm up a cold body
- Stave off cold and flu
- Circulate your blood
- Reduce heaviness
- Change dry cough
- Expectorate and decongest your lungs

- Get more oxygen in your body
- Release tension
- Eliminate toxins and enhance overall health

Opening up your respiratory pathways is helpful for so many reasons! Here's All You'll Need:

Large Saucepan or Stockpot

Water to fill the saucepan about 2/3 of the way full

1 to 2-inches fresh ginger root, roughly chopped

4 sprigs Fresh Rosemary or 1/8 cup Dried Rosemary Leaf

4 sprigs Fresh Lavender or 1/8 cup Dried Lavender Flowers

1 drop [Breathe Essential Oil Blend](#) by doTERRA or Ravensara or Niaouli by Floracopeia, optional

Other Helpful Herbs to Add to Your Steam:

Add a small handful of any of these herbs – fresh or dried...

- Comfrey Leaf = soothes and nourishes lung tissue
- Rose Petals = heals the heart, heart and inner beauty tonic
- Calendula Flowers = lung and skin tonic, soothing
- Mexican Marigold Flowers = warming, soothes childhood trauma
- Peppermint Sprigs = cooling, soothing, refreshing
- Lemon Balm = soft, soothing, comforting

How to Do It:

1. Fill a saucepan or stockpot 2/3 of the way full with water
2. Add the fresh chopped ginger root and bring to a boil
3. Set a place for yourself where you can sit quietly, undisturbed, with both of your feet flat on the floor. The pot should sit at a level where you can easily lean over it with your face and upper chest
4. Place a hot pad or trivet on the table where the pot will go
5. Have a large towel ready as well as the fresh or dried herbs you'll be adding to your steam
6. Remove the pot from heat and set it on the hot pad or trivet
7. Add the fresh or dried herbs (I recommend using 2 to 3 different ones) and immediately sit in front of the pot. Drape the towel over your head *and* the pot – you'll start to "catch" the volatile oils as they steam
8. With your feet placed firmly on the floor, breathe as deeply as you can, for as long as you can. 10 to 15 minutes is usually enough. You can breathe with your mouth open or closed – you can always lift up one end of the towel if the steam is too hot on your face. Take short breaks as needed and blow your nose or cough whenever the urge arises
9. You can re-use your steam 2 to 3 times before discarding. Add more herbs each time you re-heat the water and use.

STEP TWO: Clear Your Sinuses With Neti Pot

When to Do This Practice:

Use a neti pot whenever you want to cut your cold and flu recovery time in half. It'll help you clear congestion, open up your sinus passages, breathe, and think better. It addresses all kinds of symptoms surrounding the ears, nose, throat, and lungs.

Plus, the lungs drain into the stomach. So accumulated gunk in the lungs is just as toxic as undigested waste in the digestive tract. At the end of the day, they are one and the same.

Also known as a "nasal rinse cup," neti pot helps you flush a natural, homemade, saline solution through your nasal cavity. It reduces stagnation throughout the sinuses and clears phlegm that can collect in the back of your throat.

When you have congestion, excess mucous and nasal dryness - or you've been exposed to a lot of dust and pollution - you're more susceptible to bacterial infections, allergies, sinusitis, hay fever, the common cold, and chronic or acute congestion. No one wants that!

So learn how to use a neti pot. It provides relief while rinsing away dust, pollen and other irritants that can become lodged in the sinus cavity.

Note: Nasal mucous is a natural source of immunity for the sinuses. So Ayurveda uses the neti practice to keep that mucosal lining free of blockages, debris and irritation - without stripping it of its naturally slimy quality.

Here are more sinus clearing benefits:

- **Regular neti pot use** may reduce your dependence on over the counter cold medication, antibiotics, and corticosteroids, which suppress the immune system.
- For thousands of years, it's been a safe and side effect-free remedy in yoga and Ayurveda traditions.
- Neti pot use can help alleviate symptoms like headaches, coughs, sore throats, bad breath, bacterial issues in the mouth and facial pain.

Additionally, it purifies the third eye – your intuition center – and can help you think and see more clearly.

Neti pots are available in plastic, copper, stainless steel and ceramic materials of varying styles, shapes and sizes. I love the ceramic pots by Baraka, as well as the plastic travel pots from Ancient Secrets. I've taken my travel pot all around the world and it's super durable!

How to Safely Use A Neti Pot:

Use daily or as needed – whenever congestion, cold and flu, slow metabolism, depression, dry nose, or pollution is an issue.

Fill a neti pot with warm, distilled water (or boiled water that you've let cool to warm or room temperature) and half a teaspoon of good quality salt. If your sinuses are dry or irritated, you can add a teaspoon or two of unrefined sesame oil or **Nasya oil**. If you're fighting off a bacterial infection, virus, or sinus infection, add 3 to 5 drops of **Biocidin** to your neti pot water as well.

Lean over the sink so that your forehead faces directly down towards the base of the sink.

Put the neti pot spout to your right nostril and turn your head to the left so that your left ear is facing the base of the sink. Breathe through your mouth as the saline solution flows in through your right nostril and out through your left.

Use about half of the saline solution and repeat on the opposite side. You can finish by gargling the last bit of saline solution left in the pot. Blow your nose gently, but thoroughly, to purge as much water and phlegm as possible.

If you suffer from constant congestion, do this as a daily practice. An ideal time to use a neti pot is immediately after a hot bath, hot shower, or steam inhalation. For more information about neti and the safety of using a neti pot, [click here](#).

