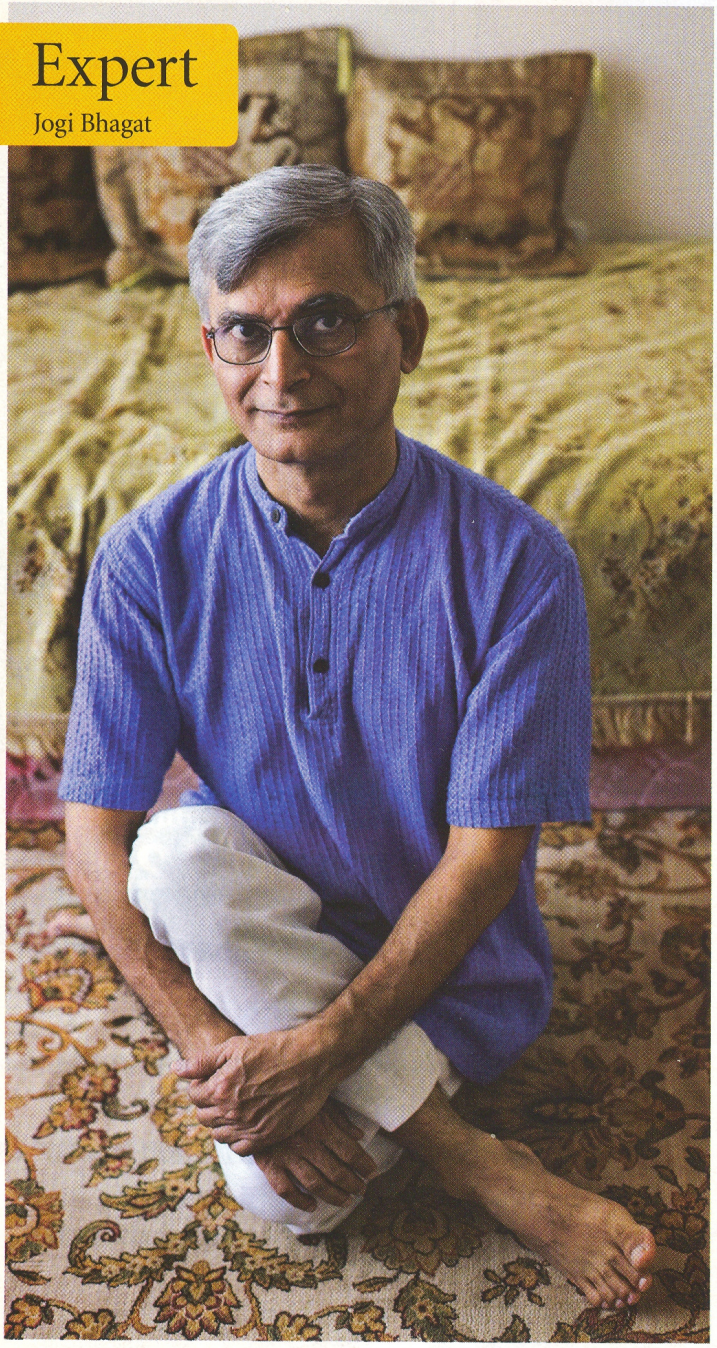
Expert

Jogi Bhagat



The nose is your most important line of defense against allergies. It acts as a filter and to work efficiently, it must stay clean. Congested nasal passages can be relieved with the help of an ancient Indian practice that's inexpensive and side-effect free. Jala neti — Sanskrit for "nasal cleansing with water" — is a nasal irrigation technique that uses a simple device called a neti pot.

Fill the pot with lukewarm salt water, pour the solution into one nostril, gravity drains it out the other side, repeat on next nostril and instantly breathe through your nose!

Incorporate the neti pot into your morning routine and use it up to four times a day. You can pick up a neti-pot kit complete with saline packets at most Austin pharmacies for under $15.

If your throat is the problem, conjure up one of these simple and soothing tonics. Gargle: Warm saltwater and honey. Sip: Hot ginger tea with honey. Drink: As often as needed.

Experience: Certified Yoga Instructor and Medicinal Yoga Therapist (medicinalyoga.com)

Yoga to the Rescue

Whether it's nasal allergies or respiratory difficulties, Yoga poses and breathing techniques help to open air passages and promote mucus drainage. Check out these revitalizing recommendations and pay attention to your body. *Remember: Always consult with your doctor before participating in any new physical activity program and only practice under a certified yoga instructor.*

1. Kapal Bhati (Skull Shining)
This is great for preventing mucous build-up
This vigorous breathing exercise consists of rapid and forceful exhalations. Contract your abdominal muscles with each quick breath. Your inhalations will automatically be passive. Start with two rounds of 15 repetitions and then gradually increase at your own capacity. If you have high blood pressure, make sure to exhale gently and slow down your breath.

2. Nadi Shodhan (Alternate Nostril Breathing)
This is great for avoiding congestion
Sit in a meditative posture. Close the right nostril with your right thumb and exhale completely through the left nostril. Then inhale deeply through the same nostril. Release your thumb and close the left nostril with your ring and pinky finger. Exhale and inhale completely. Repeat this cycle nine times.

3. Surya Namaskar (Sun Salutation Poses)
This is great for warding off respiratory infections and reenergizing your body
This dynamic practice consists of 12 postures performed in a single, graceful flow. Each movement is coordinated with your breath: Inhale as you extend or stretch and exhale as you fold or contract. Repeat three times.