

SORE THROAT SECRETS

The Ultimate Guide to
Natural Remedies to
Heal your Sore Throat



Healthy Body Books

Sore Throat Secrets

**The Ultimate Guide to Natural
Remedies to Heal your Sore Throat
Today!**

Sore Throat Secrets

Healthy Body Books

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Introduction

Do you feel like you always have a sore Throat?

Would you like to be able sooth the sore throat ache naturally?

Are you sick of having a raspy, painful voice?

Do you wish you knew how to treat your sore throat quickly and easily!

In this book you will discover the most up-to-date information on beating Asthma for life including:

- Different types of sore throat
- How to identify what sort of sore throat you have
- Food treatments for sore throat
- Natural treatments for sore throats

And much more!

I want to thank you and congratulate you for downloading the book, “Sore Throat Secrets: The Ultimate Guide to Natural Remedies to Heal your Sore Throat Today!”

Taking the first step is sometimes half of the battle!

My name is Simone, and I am the creator of the Healthy Body Books. I would like to take this opportunity to tell you who I am and why I decided to create this helpful tool.

My passion for health extends beyond the superficial. A part of me has always been called to make health a priority in my life. I am dedicated to making my body perfect, at least the way I see it.

Unfortunately, one change in my routine made it that much harder to obtain the perfect body. I found myself not feeling as good as I used to, and I even felt like I could not longer achieve my goals. To put it bluntly, I was concerned for my health and my future.

After searching long and hard for potential solutions to my problem, I found relief in changing my diet, natural therapies and self-help. Using a number of natural techniques, I was finally able to get my life back under control – and it felt great! I felt like things were really the way they were supposed to be.

If you are trying to find another way to stay healthy, the Healthy Body Books are meant for you. If you feel like something in your life just isn't working and might even be stopping you from living the life you want to live, you will find solace in new techniques and knowledge. Each book is written by experts, but the everyday person will be able to read and the books with ease.

Good luck!

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Chapter 1: Strep throat vis-à-vis Common sore throat.

It would be easy to treat a sore throat since we have a multitude of treatment methods which help deal with the itchiness and the scratchy feeling. But to best deal with the soreness in your throat, it would be better to first know the cause of your sore throat so as not to further aggravate the situation.

In this first chapter, we will discuss ways on how to distinguish a strep sore throat from that of a common sore throat. While the latter may be caused by several factors such as a developing cold, by dry air, by stress to the vocal cords, or simply by an allergen, the former is a more precarious type of sore throat which can even cause serious illness if not treated properly.

What really is Strep?

A Streptococcal Pharyngitis or simply known as Strep, is actually caused by a bacterial infection, specifically the Group A Streptococcus bacteria.

The more common type of sore throat on the other hand is often caused by a virus. By knowing this alone, you can tell that not all sore throats are the same. Not because your air passages are feeling itchy and the back of your throat a little sore justifies that you can already take an antibiotic or a cough syrup. Take note that sore throats serve to provide a general indication of several symptoms which in turn may be caused by different or compounding factors.

Your sore throat last month may simply be less serious as it was just caused by a seasonal allergy. That does not mean though that your sore throat today is caused by the same allergen, as for all you know, it may already be a symptom of an impending cold as caused by a viral infection, or probably an indication of strep, which on the other hand is due to a bacterial infection.

Know the cause of your sore throat

The best and safer way is distinguish at the onset whether the sore throat is due to a virus (colds), bacteria (strep), allergen or other factors (common sore throat).

To start with, check whether your body is exhibiting cold-like symptoms. Usually, the development of mucus in your nose or throat, the presence of a postnasal drip, having low grade fever, as well as coughing, are signs that point to a cold virus.

Once you have deemed certain that the soreness which you are experiencing in your throat is due to a cold, take the necessary medications as prescribed by the doctor and make sure not to take any antibiotics in hopes of curing it. Antibiotics are solely designed to fight against bacteria, and since colds are caused by viruses, undergoing an antibiotic treatment is definitely a no-no.

Unnecessarily taking in antibiotics will also do more harm than good and is definitely a recipe for disaster since it will only cause your body to develop microbial resistance. Take this, if bacteria often gets exposed to antibiotics, they become resistant to it which, when complicated, can cause further bacterial infections that can no longer be cured by way of standard medical treatments.

How sore is the pain?

A cold-caused sore throat may prove painful and usually leaves a dry, scratchy feeling. However, it normally subsides after a few days unlike that of a strep sore throat, which is more persistent and severe. The intensity of the pain could even cause a lack of appetite since it would normally be difficult to swallow food. It can also produce pain in the abdomen and in the head, as well as nausea.

Are there atypical spots in the throat?

Check for any unusual patches inside the throat. Usually, strep creates white spots either on the tonsils or in the throat. On some occasions, you may even spot pus in the back of the throat, or your tonsils might appear swollen.

A strep sore throat can also cause the lymph nodes along the neck area to become tender and swollen. If a certain area of the body were infected, the surrounding lymph nodes along the area would bulge since lymph nodes function to trap and destroy germs that are found in the body.

Are there rashes?

Aside from a lingering pain and spots inside the throat, another manifestation of a strep infection is the buildup of rashes that often appears along the chest and the neck area. As the infection progresses, the rashes eventually spread through the other parts of the body. Antibiotic treatment can help protect against complications of strep infection.

Strep Diagnosis

A sore throat can be determined as being caused by the Group A Streptococcus bacteria, by the cold virus, by an allergen, or simply by stress or other factors when your health care provider utilizes what is known as a Rapid Strep Test (RST), or sometimes also known as Rapid Antigen Detection Test (RADT). This rapid strep test functions by trying to locate the existence of a carbohydrate antigen which is distinctive to the Group A Streptococcus bacteria. It normally just takes five to ten minutes for the results to show.

However, the intake of liquids into the mouth, gargling, as well as eating before the test is conducted could yield inaccurate results. That is because when the test is conducted late in the infection, majority of the strep germs or organisms have already been wiped out by the body's immune system. Also, when someone that is suspected to be infected has already been partially treated with antibiotics, which is known to

terminate the strep germs or organisms, then the rapid strep test would not be able to detect and produce a fully accurate result.

In cases when the results show as being negative, then the doctor could also opt to send in a throat culture onto the laboratory. This however may take days to complete before your doctor can give you the diagnosis.

Strep Treatment

Undergoing an antibiotic treatment may help mitigate the duration as well as the symptoms of a looming sickness including that of a strep throat. In addition, it will also prove helpful in alleviating any possible chances of getting complications because if a patient would not take antibiotics, a strep infection may yield complications which may impact vital organs in the body such as the brain and heart. When this happens, the patient may end up developing other serious illnesses that may prove even fatal.

When a patient is diagnosed with having a strep throat, the doctor could give a medical prescription of taking in antibiotics for ten days. Also, the doctor may administer an antibiotic shot to the patient. Receiving the antibiotic shot will likely help the patient feel better probably after a day or two, although it would more often be better and more ideal to finish the entire course of antibiotics, which is usually taken for ten days to make sure that no bacteria will be left to survive in the body.

To avoid infecting others, make sure to often wash your hands because strep can still be contagious if antibiotics have only been taken 24 hours or less. It would prove part of best practices to also not share utensils as well as to change your toothbrush as soon as you are diagnosed with a strep throat. For children having strep, parents are advised to let their kids to stay home from school until the kids feel strong enough to go back to school or at least after taking one full day of antibiotics. Whenever you encounter difficulties, allergies, or side effects such as developing nausea, diarrhea, shortness of breath, skin rash, or shock while taking the prescribed medicines, contact your health care provider or doctor.

The common sore throat can easily be dealt with and treated, while the strep throat can only be healed by undergoing medical treatment. And since this book offers to provide you with tidbits of helpful information on how to help relieve, best deal, and naturally remedy or heal your sore throat, the author would also suggest that you go to your health care provider or doctor in the event that you feel that your sore throat manifests symptoms that are that of strep. For the common sore throat, we will tackle the various natural remedies that you can take to heal that nagging sore throat in the succeeding chapters.

Chapter 2: Basic Treatment

As we have previously cited, a sore throat may be a side effect of exhausted vocal chords, an initial indication of a forthcoming [cold](#), a sign of an allergic reaction, or a symptom of a bacterial infection.

No matter what the cause may be, our usual, common concern whenever we start experiencing itchiness and soreness is how to get rid of the irritating itch or sore underneath your throat. Though seeking medical treatment will always be an option, often times, the best treatments come in the form of home remedies which are less expensive, more conventional, and more natural than the pharmaceutical treatments available.

For this chapter, we will delve into the basic treatments which we grew up with every time the hoarseness and the soreness strike without taking prescription medicines.

Gargling

Gargling with salt water had always been the proven, most basic remedy at home whenever the sore throat bug hits us. In fact, gargling with warm salt water is scientifically proven to help slacken mucus as well as minimize swelling in the throat, and helps get rid of microorganisms, germs, and pathogens. It also provides an instant, soothing relief since salt serves as a mild antiseptic and it helps flush water out of mucus membranes, thereby clearing the phlegm inside the throat.

Doctors normally suggest dissolving a half teaspoon of salt for every cup of warm water or 1 teaspoon (or 5 ml) of salt for every 8 ounces (or 250 ml) of warm water. For children who do not like the salty after taste, you may try adding in 1 teaspoon of lemon juice or 1 teaspoon of honey. You may also try dissolving half a teaspoon of baking soda in a glass of warm water instead of pouring in salt so as to make a baking soda solution.

Another option would be to grind a tablespoon of mustard seed then mix it with one tablespoon of honey, with the juice of a half lemon, one tablespoon of salt and 1 ¼ cups of hot, boiling water. Let this mixture cool down for fifteen minutes before you can use it as a gargle.

Sip the solution then lift the head backwards. While your head is leaning slightly upwards, gargle for about ten to twenty seconds. Make sure to spit the water out and do not swallow nor drink the solution. Practice caution and make sure to provide guidance when providing this treatment to kids as they are more prone to swallow rather than spit the water out after gargling.

For as long as the sore throat lingers, you may try doing this as often as every hour. Ideally, gargling at least four or five times a day can bring relief to a sore throat and at

the same time help clean your body's natural biological filters: the adenoids, which can be found at the back of the throat, as well as the tonsils.

In addition, gargling with regular mouthwashes even if you are not feeling any sore throat is not just a good hygienic practice, but also a good healthy practice for the throat as mouthwash solutions are known to kill germs on your mouth and the throat.

If you are feeling a bit fancy, you may also try combining warm water with a little whiskey and honey. Gargle this solution to numb and relieve the sore patches inside your throat. The alcohol gets the job done for you while the honey and the water provide flavor and dilution.

Rest

Having a sore throat is usually an indication that the body is sick. And since most cases of inflamed throats are often due to cold viruses, getting yourself plenty of rest will help recharge your body and get it revitalized.

Whether it be due to an allergy, dry air, stress, or illness that is causing your throat to be inflamed, giving your vocal chords a break by way of a voice rest and ensuring that your body is well rested by getting a bed rest can prove effective in fighting off the infection or the virus.

Though it may not produce an immediate cure, resting both your throat as well as your body can however effectively promote healing, as it helps expedite your body's recovery.

Stop Smoking

Smoking cigarettes or tobacco definitely presents a lot of complications rather than solutions. That is because smoke which comes directly from cigarettes or other tobacco products can provide irritation to the lining of your throat.

This is why doctors advise that you better quit smoking cigarettes if you do, because it is not just bad for your health, but also for your throat. If you don't, avoid secondhand smoke because it is just as bad.

To naturally humidify the air which you are breathing, try breathing through your nose instead of through your mouth.

Chapter 3: Food Treatment

One of the annoying parts of dealing with a sore throat is the irksome, scratchy discomfort that persists in your throat. Though there are pain killers which can help reduce the distress, they are not a natural solution.

Age-old, effective remedies to combat and help soothe your sore throat are these healthy, everyday food items:

Chicken soup

Proven and known to be a home remedy for colds, [chicken soup](#) can also help bring relief to a sore throat. It is believed that the sodium found in the broth contains anti-inflammatory properties which help ease the soreness in your throat.

In addition, sipping in some liquid nourishment like hot chicken soup will guarantee that your body is getting the needed nutrients that will combat your infection. This also comes in handy whenever swallowing food is difficult and painful due to an inflamed throat.

Honey

Honey is also a known and tested sore throat home remedy since it contains antibacterial properties that can accelerate healing. It also functions as a hypertonic osmotic, which is actually a substance that is capable of excreting water out of a swollen tissue. This property helps lessen the swelling and ease the irritation.

Aside from gargling a solution containing honey, you can also create a honey-based drink. Simply add two teaspoons of honey for every one cup of herbal tea or hot water. Drinking hot lemonade with honey can also ease the discomfort. Simply mix the juice of half a lemon with 1 glass of hot water and pour in two teaspoons of honey.

Garlic

Not everyone will be pleased with this next entry, but as nasty as it may seem, garlic is actually another potent aid to kill germs down your throat and ward off infection. In fact, dried garlic contains strong antiseptic and antibacterial properties.

You can either chew it raw or you can choose to dilute two cloves of garlic in a glass of warm water, and then drink the solution. Forget about the after taste though. Also, do not drink water right after you have eaten garlic or drank a garlic solution, since drinking water will flush the garlic residues out of your throat and will render your eating or drinking it useless.

Ice cream/Popsicle

For those who need a valid excuse to eat ice cream, having a sore throat will be a good opportunity for you. That is because the cold ice provides a numbing effect, and its soft, creamy texture also makes it easy to take in and swallow.

Having a nice, cold popsicle stick can also give instant relief to your aching throat, and just like ice cream, this comfort food can help lighten up the mood of sick patients.

An ice cube may also be an option, though it is not as tasty as the ice cream and the popsicle stick.

Marshmallows

This may sound a little bizarre but it does actually work. When experiencing pain underneath your throat, eat three or four marshmallows to get a soothing treatment. Apparently, the gelatin coats can help relieve pain and irritation. Besides, eating marshmallows is a lot better and tastier than taking in lozenges.

Also, the sap from the marshmallow root has long been utilized to treat colds, coughs, and sore throats. This can also be taken in tea form, for a more natural and soothing way to get rid of that nasty, irritating pain.

Soft Foods

When having severe sore throats, doctors tend to suggest avoiding spicy and crunchy foods as they may further infect or complicate your throat pain. That is why it is best to consume soft and soothing foods when your throat is sore as they are not just easy to swallow, but can also alleviate discomfort.

Other notable soothing foods include gelatin, milk shake, oatmeal, soups such as Miso soup or Egg drop soup, mashed potatoes, yoghurt, and congee.

Chapter 4: Fluid Treatment

The next time you will feel a little hoarse and under the weather because of that stubborn throat pain, make sure to keep yourself hydrated. When feeling sick and your throat feels irritated and inflamed, staying hydrated is vital because painful swallowing and fever can both lead to dehydration.

As anecdotal reports would put it, you must be consuming enough fluid so as to keep your urine clear or light yellow, for this ensures that your mucous membranes are moist and are better able to fight off germs or bacteria, as well as irritants like pathogens and allergens. Keeping your mucous membranes moist also helps make your body capable of fighting back against other cold symptoms, which are often the cause for most sore throats.

Water

You may drink whatever beverage that may please you. Of course, water will always be a top option, although you may tweak it up a bit with something slightly sugary such as a watered-down fruit juice, and even something salty like that of a chicken broth or egg drop soup. Water and ginger is also a swell combination, but avoid citrus drinks and extremely sweet beverages as they may further irritate an already inflamed throat.

Tea

If you have already grown tired of sipping in water, then a warm cup of herbal tea is the next best thing as it can offer fast, soothing relief for a sore throat. Non-herbal teas takes different forms and regardless whether it is made with green, black, or white leaves, they bear antioxidants which can help optimize the body's immunity and effectively combat infection. For some, adding a teaspoon of honey adds an extra flavor and boost since the honey will make the medication go down more easily. In addition, it possesses antibacterial properties which can help speed up your healing process.

So before going to your health care provider or doctor, you may first try these simple yet effective natural home recipes and remedies to combat the pain down your throat:

1. Honey-Lemon Tea

Some people are not into tea probably because of the leafy after taste. So if tea itself does not please you at all, leave out the tea leaves and instead try this one:

- Pour in 250 ml or eight ounces of water in a pan.
- Then combine 10 ml or two teaspoons of honey. Heat the mixture over medium heat until it becomes very warm, though not boiling.

- Add in 5 ml or one teaspoon of freshly extracted lemon juice.
- If you want to make it a little sweet, you may pour a teaspoon of sugar or about 5 grams.
- Stir properly and enjoy drinking.

2. Cayenne Pepper Tea

This is one of the most popular, old folk remedies which proves to yield satisfactory results through the years. Here is how you do one:

- Combine 5 to 10 ml or 1 to 2 teaspoons of honey, half a teaspoon of cayenne pepper powder, juice from one freshly squeezed lemon, one part peppermint tea, and one part lemon tea in a pan. Mix the solution thoroughly.
- Heat the mixture over medium heat until it is very warm but not boiling.
- Stir properly and enjoy drinking.

3. Herbal Tea

Making an herbal tea is pretty straightforward. Simply brew a chamomile, green, lemon, or other herbal tea of your own choosing with water. An important note though: green tea is known to contain antioxidants, which in turn may help soothe the symptoms of a sore throat.

4. Horehound Tea

Horehound is regarded as a perennial herb which hails from the mint family. It may be known for its bitter taste, but it possesses pretty impressive curative properties. It is mainly used in treating bronchial and respiratory illnesses like sore throats, asthma, and coughs.

It is such a wonderful herb since it serves as an expectorant, meaning it helps ease phlegm that is stuck in the chest. Marrubiin, another one of the compounds which are found in horehound, helps motivate bronchial secretions; thus helping in loosening up congestion.

Some research also shows that marrubiin functions as an anti-viral and an antibiotic too. It slackens mucus, thereby making it easier for you to clear the mucus down your throat. In addition, it lessens the swelling of inflamed throat tissues.

To concoct a horehound tea, simply pour 2 teaspoons of chopped horehound herb in a cup of boiling water for about 10 minutes. Strain the tea before drinking it.

5. Slippery Elm Tea

The slippery elm actually bears mucilage which coats the throat and helps provide relief to the soreness within.

To make a slippery elm tea, boil two cups of water and soak one teaspoon of the inner bark. Strain the solution afterwards before drinking.

6. Marshmallow tea

This may sound pretty awkward but you are reading it right. Yes, it is a marshmallow tea. Similar to the slippery elm bark, the marshmallow plant which is known as *Althea Officinalis* also contains the throat-coating mucilage which helps fight discomfort that is brought by a sore throat.

To create a marshmallow tea, immerse two teaspoons of the dried herb in a cup of boiling water for around 10 minutes. Before drinking, make sure to first strain the solution.

Also, sipping in three to five cups of this tea a day kills chances of you developing a sore throat next time.

Cinnamon milk

Even though milk, as well as other dairy products, may cause more mucus to be produced, this cinnamon milk beverage is known to soothe an aching throat. Here is how you concoct this drink:

- Mix half a teaspoon of cinnamon and a tablespoon of sugar in a small pan.
- Add in 1/8 teaspoon of baking soda. Stir the mixture thoroughly.
- Pour 8 ounces of milk and mix the solution well for at least a minute.
- Then heat the mixture over medium heat until it gets warm, though not boiling. You may also heat by way of a microwave. If the milk is in room temperature, heat the solution for two minutes. But if the milk just came out of the refrigerator, heat the solution for two and a half minutes.
- After heating the milk solution, add one teaspoon of honey. Keep mixing the solution until the honey dissipates in the mixture.
- It would be better to drink the cinnamon milk hot and you may opt to drain it using a cloth if you like.

Power Drink

If you want to go adventurous and daring, then you may try this power drink which is a combination of a little bit of everything. To make one, here are the steps:

Mix one teaspoon or 5 ml of freshly squeezed lemon juice with one teaspoon or 5 ml of honey. Add a teaspoon or 5 ml of shredded ginger into the solution and a shot of whiskey. However, you may discard the whiskey if a minor is to take the solution. Both

the ginger and the lemon are known to loosen mucus, while the honey and the whiskey can give relief to the walls of the throat.

Again, drinking lots of fluids will be a good practice whenever you develop a sore throat since it helps keep the body hydrated. Nothing beats the refreshing power of water, though if you want to sweeten up a bit or add flavor to your fluids, any of the aforementioned concoctions can prove helpful in providing soothing effects and remedy to your aching throat.

Chapter 5: Air Treatment

Aside from frequent fluid intake, taking plenty of rest, and eating the right kind of food to better deal with your sore throat, another simple remedy to help relieve and heal the pain residing underneath your throat is through air or steam treatment.

Regardless whether the pain is caused by strep or by the cold virus, you may also try these additional home remedies to get that soothing relief.

Humidifier/Vaporizer

Inhaling air from a humidifier or a vaporizer can help lessen pain in your sore throat as it is known to moisten dry air. Here are different ways on how you could use or improvise one:

- Use a humidifier or a vaporizer inside the room. Running one actually helps bring moisture into the air, which in turn prevents the air from drying out and prevents the throat lining from drying too. If you do not have a humidifier, put a bowl of water instead on your heating vent or radiator every night. The resulting effect works as well as that of the store-bought cool-mist humidifier or vaporizer.
- You could also make your own improvised humidifier. Start by either filling in a stock pot, a kettle, or a large sauce pan with water, then putting it on the stove. Set the burner to heat at medium-low. From time to time, make sure to check the water level so as not to let the pan dry out. Breathing in the steam will greatly help clear your clogged nose and ease your sore throat.
- Another option is to use a shallow pan, fill it up with warm water, and put the pan beside you in an enclosed area. The warm water will then naturally evaporate; in the process, producing moisture in the air. However, make sure not to get your room become too cold or damp because too much cold or moisture can make you feel sicker and even slow down your recuperation.
- You may also derive the same soothing results by bending your head over a sink with running hot water. To trap the steam, simply drape a towel to cover your head. Inhale the steam deeply. For better results, you may try doing this many times a day for five to ten minutes.
- If you want to add flavor to the steam, pour in two or three cups of soft-boiled water to a pan or any shallow container. Soak in ginger, lemon tea, or chamomile into the hot water. Let it rest for at least about five minutes. Then check whether the steam being produced is still too hot. Otherwise, you may pour the water in a large bowl, and then drape your head with a towel. Gently bring your head over into the steam coming out from the bowl and inhale deeply through your nose and your mouth for about five to ten minutes. Doing this often many times a day as well as every day will help loosen

mucus that is dwelling at the back of your throat, on your nasal passages, and on your chest.

Making use of either a humidifier or a vaporizer would indeed relieve congestion, as cool or warm mist helps ease the bloated air passages and in turn, helps get rid of that nasty discomfort and makes you feel more relaxed. This is also an effective way to soothe a gruff voice.

Warm Compress

To get that desired soothing comfort onto your throat, putting in a warm heating pad on the outside of your throat can provide an instant comfort.

You may also create your own warm compress by simply drenching a towel with warm water. This is especially advisable if you have developed tender lymph nodes in your neck area.

Here are other ways on how you could treat that persistent sore throat with a warm compress:

1. Devising a poultice

You could create a poultice made up of chamomile tea by doing the following:

- Steep a tablespoon of dried chamomile flowers into two cups of boiling water or brew a batch of chamomile tea. Let it rest for about five minutes. Once the water is already warm enough to touch, soak a towel into the tea.
- Squeeze out the towel then apply to the area of the neck, leaving until the towel is cool.
- Keep doing this often. You may actually keep warming up the same batch of chamomile tea in a day, and it would be ideal to make a new tea every day.
- This would go better by sipping in a nice, warm cup of tea while you perform this.

2. Improvising a plaster

Here is how you create a plaster with water and sea salt:

- Pour in five to six tablespoons of warm water with two cups of sea salt so as to make a damp, and not wet, blend.
- Then place the salt blend along the center of a clean towel.
- Wrap the towel along its longer side then make it a plaster by rolling it around your neck.
- Place a dry towel over to cover the plaster on your neck. You may let it stay wrapped around your neck for as long as it pleases you and until you get the desired relief.

Dealing with pain in your throat is after all, not a pain in the neck since there are countless, harmless home remedies you can try. A majority of sore throat cases can be effectively treated and cheaply, while at home. These simple remedies would not need a visit to the doctor, thus sparing you the attendant cost and the hassle of traveling. These are experience-tested, ingenious methods that have been passed onto us through the years, which is sort of like Mother Nature's gift to us, and which we are bound to try, as well as share with one another.

Steps to Success Action Plan

Steps to Success has been put together to give you somewhere to start on getting rid of your sore throat! Having a healthy throat and voice is the goal, and by starting with the activities listed here you will be well on your way to healing yourself and be a happier, healthier you!

To really have success you may need to use this action plan a few times and trial a few different things to get the result you're after. Test, Measure and Monitor needs to become your motto until you are no longer suffering from your dreaded sore throat!

Step 1- Gargle every after meal or as often as you like so as to rinse off any potential microorganisms or bacteria residing within your mouth. Do this more often when you have sore throat.

Step 2- Eat healthily. Avoid eating foods that can eventually cost you pain in the throat such as crunchy and spicy foods.

Step 3- Let go of vices that put you in harm's way. Taking in illegal drugs, smoking cigarettes, or drinking excessive alcohol can cause your body more harm and no good.

Step 4- Drink plenty. Fluid intake especially drinking water can help maintain the balance of body fluids. In addition, water can help control calories in your body.

Step 5- If your tonsils feel inflamed and your throat sore, utilizing warm compress techniques can help relieve the pain. This can also apply if you are feeling harshness in your voice.

Step 6- Use a humidifier or a vaporizer or improvise techniques so as to moisten dry air. This will provide your dry, scratchy throat with soothing comfort.

Step 7- Spoil yourself a bit by not depriving yourself of rest. Rest can come in different forms such as taking a coffee break, relaxing, taking a nap or bed rest, and taking voice rest. Rest will not only be good for your aching throat but also to your entire body as it helps freshen and re-energize you.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to fully understand what is stopping you from healing your throat! Being unwell is such a debilitating problem, it can affect your home life, work life and more. By learning how to treat your sore throat at home quickly, easily and naturally you will be well on your way to a happier you!

The next step is to put this knowledge to good use and attempt to get the healthy throat you have always dreamed off, healing your throat will no longer be hard or a chore. You are off to a flying start by reading this book and taking advantage of the Action Plan included.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

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