Wellness Minute
Health Information You Can Use On Your Path To Wellness

Works Great For Sore Throats

"In addition to dietary changes, this simple remedy works better than anything they're selling at the drug store or over the counter."

A sore throat is caused by inflammation, usually from a cold or virus. So what can you do for those hot vocal pipes? Well, before we go into natural remedies, let's consider ways to prevent those infections in the first place, and one of the best ways to do that is reduce sugar intake. It's a basic wellness principle, but it may be difficult for many people.

According to Health Services at Columbia University, when you eat 100 grams of sugar, about as much sugar as you find in a 1 liter bottle of soda, your white blood cells are 40 percent less effective at killing germs. Eating sugar can cripple your immune system for up to 5 hours. Shocked?

The average person in the United States consumes about 120-150 pounds of refined sugar every year. This breaks down to the average American consuming 20 teaspoons of added sugar every day. Think about this. For thousands of years our bodies only got sugar in the form of fruits and maybe a little honey. You can see why we have such a glycemic epidemic in America today.

When talking about sore throats, remember that the glands in your throat should have the ability to fight infection, but too much sugar suppresses the immune system by numbing down the performance of the white blood cells when they attack aberrant or foreign bacteria.

Something else to consider as we prevent factors that cause a raw, swollen throat, is the avoidance of dairy products. Dairy causes an increase in mucus production, and mucus is where the bugs hide and multiply. So, for a case of a recurrent sore throat, cutting out sugar and dairy will go a long way to prevent sickness of all kinds.

I suggest you do a trial for 30 days. You will notice a difference in your energy, and your immune system will be stronger. In addition to these dietary changes, let's consider what will help if you get a sore throat. Here are the ingredients for an ALL natural sore throat remedy. It's easy and inexpensive. You can obtain the key ingredients through your

Wellness clinic and keep them on the shelf for when you need them. I'd like to thank Dr. Harry Eidenier and his Balancing Body Chemistry group for this formula. Here's how you make it. You start with 6 ounces of warm pure water. Add 2 teaspoons of Celtic sea salt, 4 drops of Bio-D-Mulsion Forte, and 1 capful of 21st Century Homeopathics "Detoxification."

With these few ingredients, you have a powerful gargling agent. Gargle with this 3-4 times per day, and you'll be surprised how fast the sore throat turns around. This simple remedy works better than anything they're selling at the drug store or over the counter. Here's why it works. The salt forces the water out of the cell causing bacterial dehydration and weakening bacterial cell membranes. The vitamin D acts to ramp up the immune system, especially the production of your innate natural antibodies called antimicrobial peptides, which interestingly enough go up and down every year with your vitamin D levels. The capful of Detoxification from 21st Century Homeopathics aids with lymph drainage and enhances gut health and immunity. It also works well with other throat problems such as swelling of parotid tissue and inability to swallow solid food, among other things.

If it was MY throat, I would also add some all-around antibacterial support to increase my natural killer cells. Your Wellness professional can make suggestions about which antibacterial supplements are best for you.

For chronic sore throats and sinus issues, we have to rule out fungal infections, because it's often the drip, drip, drip from the sinuses that causes the sore throat. Fix the sinus drip and the sore throat goes away. Mayo Clinic found that over 96% of chronic sinus infections that required surgery involved a fungal component.

Ask your clinician about ADP, emulsified oregano oil that has been shown to inhibit fungal, bacterial, and amoebic growth. This and other supplements used with the gargle formula I mentioned, combined with removing sugar and dairy, can fix most of your sore throat and sinus conditions as well.

You can strengthen your natural immunity and avoid the side effects caused by drug therapies. Whether it's for the short term, when you need relief, or long term prevention for years to come, a wellness approach provides your body with the right ingredients for a healthier, longer life.