STREP THROAT

Strep throat is more severe than a regular sore throat – it will feel like razor blades in the throat. If you see a medical doctor, the standard protocol is antibiotic because strep throat can be a real problem. Many people can't do antibiotics, or have some aversion to taking them, so here are a few other things you can do to help:

- **Gargle with Tincture of Echinacea after mixing it well with your saliva.**
- **Put 5 drops of Oil of Oregano at the back of the tongue at the first sign of sore throat. Follow with a gulp of water, gargle well to coat the throat before swallowing. Do every 1/2 hour for 4 doses, then do 2-3 times a day.**
- **Gargling with warm salt water can help with the pain. The amount of salt should be so that it has the salinity of tears, so not too strong.**
- **Kroeger in the U.S. has a good homeopathic remedy called "strep throat" that works well, and they also have one for "Strep Lung" - you can order online or phone them. 778-650-6633**