THROAT PROBLEMS

Try and determine the cause of the throat problem.

- **If it is from excessive talking, such as teaching or speech making, gargle with warm salt water (1/2 cup warm water with 1/4 tsp table salt).**
- **If a cold is coming on, drop 4-5 drops oil of oregano at the back of your tongue, take a swig of water and gargle, then swallow, take another sip to cleanse out the strong taste. Do every half hour for 4 doses. This can help whether the problem is caused by a virus or a bacteria infection.**
- **If a sore throat is being caused because the sinuses are running down the back on the throat, do a sinus flush with warm water (1 cup) and 1/2 tsp salt. This can be sprayed up into the nose, or use a nettie pot.**
- **If the throat is sore because of a smokey environment, wash out the sinuses, and soothe the throat with a tea made from licorice root, peppermint, slippery elm and honey.**
- **Mix 1 Tbsp apple cider vinegar and 1 tsp honey in a cup of very warm water and drink it or gargle with it.**
- **If you suspect the atmosphere is dry, boil a pot of water, pour it into a bowl and lean over the bowl so the steam rises into your face. Put a towel draped over your head to create a tent for capturing the steam. If you wish, you can add a drop or two of eucalyptus oil. Breathe in and repeat as often as needed. If you have a humidifier you can use this instead.**