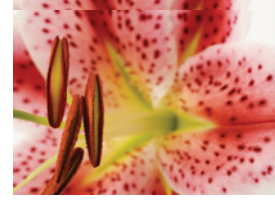




Florida Center

For Allergy & Asthma Care



Health News

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Sore Throat Solutions

We need our voices to be at full strength for all of life's demands, whether they include public speaking, singing, or getting kids off to school. When your throat gets that familiar tickle, you'll first want to be on the lookout for more serious concerns. If you begin running a fever of 101 degrees or higher, you could have strep throat, which requires medical attention and antibiotics. For many sore throats, the only true healer is time. The remedies below will help pass the time less painfully.

Try Natural Lozenges I recommend using slippery elm lozenges, which help soothe the pain and sometime inflammation caused by sore throat. Another remedy you might experiment with is propolis lozenges. Propolis is a bee by-product that has anti-inflammatory, antibiotic, and antiviral properties. (If you're allergic to bees, don't use it.) Both types of lozenges are available online and at some health food stores.

Have Hot Liquids Drinking several cups of good quality herbal or green tea throughout the day can soothe a scratchy throat. Plus, a recent study showed that throat pain was significantly reduced with the regular use of Throat Coat, an herbal tea that contains slippery elm bark. You can find this tea online at www.traditionalmedicinals.com or at most health food stores. Chicken soup is another throat soother and also contains anti-inflammatory compounds.

Gargle Since it encourages blood flow to your throat, gargling with warm liquids help heal inflamed tissues. You can use a solution of one quarter-teaspoon salt to one cup of warm water. To make it stronger, you can add a half-teaspoon of goldenseal powder-which has antiseptic properties-and red pepper to taste. Another useful gargle is a 50/50 mixture of hot water and hydrogen peroxide. With both, gargle four times a day with the hottest water you can tolerate.

Still Sore? If your throat gets sore on a regular basis, you could be allergic to something in your environment, or you may be sleeping in an overly dry room. Try running a humidifier-just be sure to clean it regularly to prevent mold growth. (Not usually in South Florida).

