

Sore Throat

Written by Administrator

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- Be sure to drink juices and water.
- Cook all food thoroughly by steaming or poaching to keep the moisture.
- Fast
- If it is hard to swallow then drink an instant breakfast.
- Keep throat lubricated with chicken broth, vegetable broth and sip tea made with sage or chamomile.
- Make sure your food is cut in small pieces and to chew your food very well.
- Never eat spicy, salty, hot, or acidic foods when you have a sore throat.
- Omit smoking.
- See a doctor if you also have a fever, rash, severe headache and stiff neck , and prolonged hoarseness.
- Sip on vitamin C dissolved in water or juice.
- Switch gargling between sea salt and chlorophyll liquid every few hours.
- Take acidophilus if you are taking antibiotics.
- To ease a sore throat eat yogurt, ice cream, popsicles, and sherbet.
- To ease soar throat pain nix lemon juice and raw honey to coat the throat.
- Try not to snore. Snoring can irritate the throat. Sleep on your side or use the adhesive strips.