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A

A

A

Sore Throat Cures Questions

Updated: 02/09/2012

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RETURN TO MAIN SECTION

WHAT CAN I DO FOR MY SORE THROAT?

REMEDIES FOR SORE THROAT NOT WORKING - NEEDS HELP

WHAT CAN I DO FOR MY SORE THROAT?

02/09/2012: Rick from Old Monroe, Mo writes: "I also am getting that lump in the throat feeling. I have to take Benadryl at least 4 times a day then it eases up. I have been through a lot lately. Do you think stress plays a part in this and what do you think I can do for this? Thank you, Rick"

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REMEDIES FOR SORE THROAT NOT WORKING - NEEDS HELP

09/30/2008: Jeff from Lancaster, PA writes: "I have suffered with Asthma for about 22 years. Typically it only flares up when I get a sinus infection, sore throat etc. I have tried the Apple Cider Vinegar in all forms, a regular regiment of salt water gargle and nasal rinse and the Cayenne Pepper thing. And of those three the only one that brought mild relief is the Nasal rinse. Which has to be stopped once it's clear that there is an infection. My latest bout has gone on about 24 days. In the beginning I did get an antibiotic which stemmed the tide for a little. But the last 4 days have found me with a terrible sore throat. The Cayenne or Apple Cider has had little if any effect on that. Anything else worth trying?"

09/30/2008: Ted from Bangkok, Thailand replies: "Yes, usually it's alkalization, improved bowel movements and zinc & magnesium supplements.

The primary way I used to reduce sore throat is to first alkalized, reduce congestion, improve bowel movements and avoid common acid forming food. Primarily if nasal rinse is working it appears to be a bacterial or fungal colonies that exists along that area from acidity, and circulation congestions in those area.

A mixture of xylitol solution with some sea salt is often used as a nasal wash. Frequently concentration of 10% to 20% xylitol is used. Interestingly in a sinus congestion I found acid saliva and throat area to be the primary issue which acts almost like fertilizer for the pathogens to persist causing sore throat. Certain muscle cramps may occur that induced poor circulation and be removed somewhat by relaxing muscles through magnesium chloride or magnesium citrate supplements, about 250-500 mg per day for about a couple of weeks.

To alkalize the throat and nasal area, one simple way is to take potassium bicarbonate (or potassium citrate - technical name is tripotassium citrate) which is a more effective form of alkalizing the area. The remedy can be prepared such as 1/4 teaspoon of baking soda plus 1/4 teaspoon potassium bicarbonate (or a stronger form tripotassium citrate) is mixed in a 1/2 glass of water taken three times a day.

Sodium ascorbate vitamin C (without the calcium) 1000 mg is taken either twice a day to three times a day. Vitamn C increases nitric oxide production which is anti fungal in nature. What is interesting is the addition of zinc supplements such as the use of zinc chloride mouthwash, or zinc supplements such as 25-50 mg of zinc gluconate is taken only for 5 days to raise antibacterial by raising the blood zinc levels.

It is quite common that a sore throat clears up almost immediately after bowel movements. Normal bowel movement is most clear with alkalization, but it is important to avoid fried foods, meats, common table salt and carbohydrates and concentrate more on vegetables. The clearest normal bowel movement is seen when potassium bicarbonate or potassium citrate is added, while sodium bicarbonate (baking soda) is a weaker form. The baking soda and potassium bicarbonate mix added with xylitol can also be used as a mouthwash, along with flossing seems to reduce the number of colonies whereby there is reduction in the organism causing the sore throat. Sometimes certain viruses exists that constantly caused persistent sore throat and I may sometimes get quick relief from 1-3 drops of peppermint oil or sometimes eucalyptus oils if it still remains unresponsive.

A traditional remedy of removing toxins from the intestinal area helped most often with me when taking too much vitamin C to cause a diarrhea, or magnesium chloride for example. A simpler way to induce loose stools such as 1/2 teaspoon of sea salt and 1/2 teaspoon of baking soda in 1/2 glass of water may also help if there is irregular bowel movements or constipation. The accumulation of toxins from intestinal area is a frequent problem towards nasal and throat problems besides the excess acidity as mentioned. Other than this I have found liver congestion to be a problem and to reduce that, one tablespoon of granulated lecithin is taken before and after meals to allow the liver to detox.

Once there is less toxin in the body, the body's immune system is no longer overtaxed. However, eating a large meals without water, or heavy meals, and not enough vegetables is the most frequently encountered problems. The most problems I encountered with a nasal and sore throat problem is often sugar, artificial sugar, exposure to hydrocarbons, but also of snacks, meats and processed foods which causes the body's enzyme to be reduced or used up so quickly that instead of it being used as part of immune system, the body's immunity is reduced too.

Ted"

09/30/2008: Jeff from Lancaster, PA replies: "Thanks for the information. The bowel movement issue seems to be running (literally) hand in hand with all this. So I don't need to loosen things up at all. So now I'm a little unclear as to what to do. I have not tried the other things you mentioned for fear that I will make the bowel movement problem worse. As for the lecithin, I've never taken that and I'm not sure what to expect. I think I'm more confused than before and really don't know what to do now."

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