



Disclaimer: I am not a qualified health practitioner. Please consult your doctor if you are sick. Opinions expressed on this website are my own or come from my own experience or research

SORE THROATS

Most people have a 'weak point'. For me, it is my throat. As a young girl, whenever I got chilled and especially if I was tired, I would develop a 'strep' throat. Fitness and a healthy diet have definitely made a huge difference but to this day, if I am overtired and/or get chilled, my throat starts to hurt. So this is what I do and, so far, it just goes away....

Basic Advice:-

1. Get plenty of rest
2. Drink at least 1.5 to 2 litres of water per day, 2-3 litres in hot weather
3. Cut out dairy
4. Cut out acidic foods including orange juice (acid foods will worsen sore throats)
5. Cut out processed food (its rubbish and makes your body work too hard)
6. Cut out sugar and sweet carbonated drinks
7. Cut out alcohol
8. One or 2 cups of coffee in the morning is ok but not within 8 hours of bedtime as sleep is essential to recovery.
9. Increase fruit and veg intake to about $\frac{3}{4}$ of your diet.
10. Foods that are light, smooth and easy to swallow are better.

Treatment:-

1. Take 2g of Vitamin C, 3 or 4 times a day – capsule or powder form. Buffered if you have a sensitive stomach. I use Vitamin C powder by Higher Nature in UK but there are plenty of good brands.

<https://www.highernature.com/search/buffered-vitamin-c>

2. Ninxia Red by Young Living

With a very high ORAC score (oxygen radical absorbance capacity) of 1,500 per oz, Ninxia Red is a powerful antioxidant.

I find Ninxia Red gives a huge boost to the immune system. At the first sign of infection, we take 1 sachet of Ninxia Red in the morning and 1 sachet at night for about 3 or 4 days. Very often, this is all we need – we find it amazing stuff. It is quite expensive, so I buy the box of 30 sachets and just use them when we need them which is not very often these days. But there are alternatives – see below.



Zest for Life

Ninxia Red captures the full power of the whole wolfberry fruit in puree form. The Ninxia wolfberry also contains the highest levels of immune-stimulating polysaccharides and with an ultra-low glycemic index score of 10.6, it won't spike blood sugar levels. It also contains blueberry juice, pomegranate juice, apricot juice, organic blue agave, dark grape (seed, skin and stem – water extracted), ascorbic acid (vitamin C) as well as pure therapeutic grade essential oils of lemon, yuzu and orange.

You can only buy Ninxia Red from a Young Living distributor. I joined years ago so I could buy the oils and Ninxia Red for my family. I believe their products to be high quality as I have always found them to have a powerful beneficial effect and neither I nor my family have ever experienced any kind of side effect or contra indication. If you are interested in purchasing Ninxia Red, please contact me.

3. Elderberry Syrup

A cheaper option to Ninxia Red, elderberries are packed full of vitamin C, anti-oxidants, flavanols and anthocyanins. Benefits are best when taken 24hrs– 48hrs after symptoms begin so keep some in the cupboard!

Dr Gerhard Rechkemmer is the President of Germany's Federal Research Institute for Nutrition and Food. His research has shown that the anthocyanins in elderberries boost the production of cytokines – proteins that act as messengers within the immune system – thereby enhancing the body's immune response. Cytokines play a crucial role in the immune system's response to disease and work in ways very similar to hormones. They can be both inflammatory or anti-inflammatory depending on what is needed and are released by immune cells either directly into the blood stream or locally into body tissue during an immune response.

These tiny berries are also believed to contain antiviral agents– compounds so potent they are thought to deactivate viruses. Viruses are unable to multiply on their own and need to get inside a healthy cell to do so. They are cleverly coated with something called “haemagglutinin spikes” to help them pierce the cell wall. These viral spikes are also covered with enzymes which the virus uses to break down the cell wall. Elderberries have high concentrations of bioflavonoids which appear to inhibit the action of this enzyme, thus deactivating viruses and rendering them unable to pierce the cell wall and replicate.

The Elderflower is also packed with bio-flavonoids that help to boost the immune system. Research has shown that Elderflowers are also effective in killing common pathogens.

I buy Elderberry Tincture from Napiers The Herbalists in UK – Sambuca Nigra Fructus

<https://napiers.net/search.html?search=elderberry+>



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4. Take high dose Zinc for 3-5 days, no longer unless the supplement contains copper. Then drop the dose to no more than 50mg a day or 15mg a day of ionic zinc. Or take zinc lozenges:-

First 3-5 Days

EITHER 100mg of zinc citrate for first 3-5 days of infection plus quercetin 500mg (which helps transport zinc into the cells – it also helps with absorption of vitamin C and is anti-viral).

OR 30mg of ionic zinc for first 3-5 days of infection (because you absorb 100% of ionic zinc but much less from capsule/pill form). Take with vitamin C for better absorption. Some ionic zinc will already contain vitamin C. Also take with 500mg quercetin. Here are some suggestions for ionic zinc.

<https://lifeminerals.co.uk/product/ultra-potent-nano-ionic-liquid-zinc/>

<https://www.amazon.co.uk/Good-State-Concentrate-Supplement-Servings/dp/B00D0VI0A8>

OR take Zinc Acetate Lozenges every 2 hours at the first sign of infection. Take only for a short time no more than a week or 2. Allow the lozenge to dissolve in your mouth for 20 minutes. You should not take with any citrus and ensure that the product does not include citrus as this binds to the zinc and prevents it fighting the virus. The Life Extension Enhanced Lozenges seems to be an effective brand as it is zinc acetate and ionic. Read the reviews. Dr Eby's research refers.

https://www.amazon.co.uk/Life-Extension-Enhanced-Lozenges-Vegetarian/dp/B00PYX2SVM/ref=sr_1_5?dchild=1&keywords=zinc+acetate+lozenges&qid=1603277220&sr=8-5

5. Gargle with 1/2 teaspoon of salt dissolved in a glass of water every 3 hours. My Mother-in-law swore by this and I have found it effective. Do not eat or drink for 10-20 minutes to allow the salt to work on your throat.

Or – gargle with Thieves mouthwash by Young Living 3-4 times a day.

6. Take raw, organic honey either neat or diluted in warm water – not hot water as this will destroy the beneficial ingredients in the honey. Commercial honey has been heat treated which destroys the beneficial ingredients in the honey leaving it, essentially, as just sugar Don't give honey to children under 1 year old as there is a risk of botulism.

a) Add 2 tablespoons of honey to a glass of warm water or herbal tea.



Zest for Life

- b) If taking honey neat you can mix 1 teaspoon of raw organic honey with ½ teaspoon of organic cinnamon powder. Do not eat or drink for 10-20 mins to allow the honey to work on your throat.
- 6 Adding ginger to your honey tea may help sore throats in several ways. For example, it may provide some pain relief as an anti-inflammatory. It also boosts immunity to help fight infections that cause sore throats. Both Scientific Studies and folklore support its use for sore throats.
7. If you have a high fever and sore throat persists, you must consult a qualified health practitioner.

There are many suggested home remedies for sore throats on the internet but these are what we have used in my home and found to work. However, we are all different so below is a website listing things to try.

<https://www.healthline.com/health/cold-flu/help-sore-throats>

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Honey

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Ginger

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Elderberry

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<https://www.healthline.com/nutrition/elderberry#health-benefits>

<https://cornerstonenaturopathic.ca/elderberry-syrup/>

Coca Cola and Sugar

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Lemon

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Zinc Lozenges

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