

Throat Cleanse

A throat filled with toxins can cause a host of problems, including bad breath, general soreness and difficulty in swallowing. Such conditions can be caused by poor eating habits as well as smoking and chewing tobacco. From time to time, it is necessary to cleanse the throat just as you naturally cleanse other parts of your digestive system, such as the colon, through excretion.

While most people can clean their throats by simply expelling excess mucus, few others need to take additional measures. Following are a few ways to cleanse your throat.

Mucus Cleanse

Try any of these ingredients to expel excess mucus from your throat. You can also get relief from a sore throat by following these remedies.

Ingredients:

- Two tablespoons sea salt, or
- One tablespoon apple cider vinegar, or
- A small piece of ginger root, and
- Water

Procedure

- Stir two tablespoons of sea salt in a glass of water. Stand in front of your bathroom sink, take a big mouthful, tilt your head back, gargle for as long as you can and spit the saltwater into the sink. Swallowing the saltwater and toxins will just re-pollute your body.
- Mix one tablespoon of apple cider vinegar in a glass of water. Take a big mouthful of this solution, gargle and then spit it



into the sink. Gargle again, and this time, swallow the mixture. Continue this process until the vinegar-water is finished. Apple cider vinegar contains acetic acid, which will kill any bacteria lining your throat or further along your digestive tract.

- Peel a piece of ginger root the size of your thumb and add it to a pot of boiling water. Allow the water to cool and sip the ginger-water mixture slowly. Add some honey if you like. After finishing the mixture, chew the remaining pieces of ginger, but do not swallow it. Ginger is an all-natural expectorant and will assist in removing pollutants from your throat.

Candida Cleanse

Very often a sore throat is due to the presence of Candida in throat. In such cases, this cleanse is very helpful.

Ingredients

Grapefruit seed extract/colloidal silver

Procedure

The best thing for a candida cleanse is grape fruit seed extract, which can be used in water. Gargle with it making sure it hits the back of the throat. Try to hit the tonsils and back of the tongue. Also, swish it around the tongue and teeth for a while before spitting it out. You can also use colloidal silver water with grape seed extract for immediate benefits.



Home remedies for sore throats

In case of a sore throat, you can try some easy and natural remedies that will help alleviate the pain and, depending on the cause, possibly cure the problem.

Lemon

You can use fresh lemons to get relief from a sore throat, as they help remove mucus.

- Try hot lemonade with honey. Extract juice from half a lemon, add one teaspoon of honey and pour one cup of warm water to the mixture. Sip it slowly.
- Another option is to gargle with freshly squeezed lemon juice

diluted with an equal amount of warm water.

- You can also take half a lemon, and sprinkle salt and pepper over it. Slowly lick the lemon.

Cinnamon

- Cinnamon can be used to treat a sore throat caused by common cold.
- Add one teaspoon each of cinnamon powder and black pepper powder to a glass of warm water. You may also add cardamom. Strain the solution and gargle with it two to three times a day.
- Alternatively, mix a few drops of cinnamon oil and one teaspoon of pure honey. Eat this twice a day to get relief from pain and inflammation from a sore throat.



Garlic

Garlic has antibacterial and antiseptic properties along with other medicinal properties that can help treat or prevent sore throats.

- Eat a raw garlic clove daily to release a chemical known as allicin that helps kill the bacteria that may be causing the sore throat.
- Also, try to eat garlic in raw and cooked form. If you do not like the taste, you can take garlic pills.

Turmeric

Another great remedy for a sore throat is turmeric, which has powerful antiseptic and anti-inflammatory properties.

- Mix one-quarter teaspoon of turmeric powder in a glass of warm water. Drink it slowly in the morning on an empty stomach. Do this once daily for three or four days.



- Alternatively, you can add one teaspoon of turmeric powder and one teaspoon of ground black pepper to a glass of warm milk and drink it before going to bed.
- You can also gargle with turmeric to soothe a bad throat. Add half a teaspoon of turmeric powder and half a teaspoon of salt to a glass of warm water and mix it well. Gargle with this mixture twice daily.

The following ingredients can also be used for gargling with a little water, in case of a sore throat, and for the overall health of your throat.

- Gargle with a solution of 10 ml extract of mango bark in 125 ml of water.
- Boil basil (tulsi) leaves in water and drink or gargle with it.
- Take four cloves of garlic, one tablespoon of honey and a little bit of chili powder. Mix them and make a paste. Swallow this after chewing.
- Make tea by adding 1-2 teaspoons of dried chamomile (*babunphul*) blossoms to a cup of boiling water and drink this every day.
- Mix one teaspoon of apple cider vinegar,
- a little chilli powder, juice of a quarter of a lemon and one teaspoon of honey. Add one cup of hot water and stir well. Drink this every day.
- Add a pinch of cinnamon (□□□□□□□□) and chili powder to a glass of water. Add a teaspoon of honey, mix well and drink this every day.
- Boil one teaspoon of fenugreek (□□□□) seeds in one cup of water. Strain and allow the liquid to cool. Use this liquid for gargling.

