

Sore Throat Solutions

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Strep Throat Solutions: When Sore Throats Get Serious. Medically reviewed on May 7, 2018 by C. Fookes, BPharm. Sore throats are common. Most are caused by viruses, but throats can also become sore as a result of smoking, allergies, air irritants (such as pollution, air conditioning), or yelling too much.

Strep Throat Solutions: When Sore Throats Get Serious

2 More Super Simple Solutions. Many times, sore throats are caused or aggravated by a simple lack of moisture in the home. Using a vaporizer or even a pot of water set to simmer on the stove, you can increase the humidity in your house. Adding essential oils like eucalyptus can make the vapor even more helpful.

How to Heal a Sore Throat with these Natural Solutions

Slippery Elm is another traditional solution to sore throat and cough. Native Americans used to mix it with water and the mucus - like substance within the Slippery Elm created a slick gel that coats and cools the throat. Simply pour boiling water on the powdered substance, stir it and drink it. You can order the powder online.

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Natural solutions for a sore throat. Below, we'll introduce you to three 100% natural solutions for mild cases of a sore throat.. 1. Apple cider vinegar with honey. Apple cider vinegar lowers the pH of the area and helps get rid of germs in your throat.. However, it also works as an expectorant and the honey acts as a powerful antibacterial.

3 Natural Solutions for a Sore Throat - Step To Health

A sore throat is the result of an inflammation of the pharynx, the tube that extends from the back of the mouth to the esophagus. Some of the major causes of this condition are viral, bacterial, or fungal infections ; irritants like pollution, smoking, acid reflux, or dry air ; excessive shouting ; or some kind of allergic reaction .

Home Remedies for Sore Throat | Top 10 Home Remedies

Sore throat is generally caused by viral or bacterial infections, toxins, irritants, trauma, or injury to the throat. Sore throat can be contagious. Common symptoms of a sore throat include throat pain and discomfort, fever, chills, headache, body aches, earache, cough, and runny nose.

Sore Throat Causes, Remedies, Symptoms, and Medications

An ear, nose and throat doctor explains why exercise such as running can cause a sore throat and how to solve this problem. For this article I consulted with Dr. Stacey Silvers, MD, of Madison ENT & Facial Plastic Surgery in NYC, who is board certified in otolaryngology; one of her specialties is sinus surgery. Dr. Silvers first points out that a sore throat from exercising has two main causes ...

Sore Throat from Exercise: Causes & Solutions - Scary Symptoms

Sore throat Diagnosis. With this simple test, the doctor rubs a sterile swab over the back... Treatment. A sore throat caused by a viral infection usually lasts five to seven days... Lifestyle and home remedies. And rest your voice. Drink fluids. Alternative medicine. Although a number of ...

Sore throat - Diagnosis and treatment - Mayo Clinic

12 Natural Remedies for Sore Throat 1. Honey. Honey mixed in tea or taken on its own is a common household remedy for a sore throat. 2. Salt water. Gargling with warm salt water can help soothe a sore throat... 3. Chamomile tea. Chamomile tea is naturally soothing. 4. Peppermint. Peppermint is ...

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12 Natural Remedies for Sore Throats - Healthline

The raw, scratchy, burning feeling at the back of your throat is often the first warning sign that you have a cold, or that the flu is on the way. But it can also be the first symptom of more serious conditions, so you should watch how it develops. Call your doctor if your sore throat feels worse or lasts longer than the run-of-the-mill type.

Sore Throat: Types, Causes, & Duration - WebMD

Some home remedies that may ease the pain of a sore throat include: suck on lozenges, ice chips (do not give lozenges to young children), sore throat sprays. drink lots of liquids, gargling may ease the pain, get plenty of rest, use a clean humidifier or mist vaporizer, avoid smoking, ...

Sore Throat Medicine, Home Remedies, Causes & Symptoms

Here's how to cure a sore throat fast with tulsi: simply chew a handful of leaves! Or brew a tea with a 6-7 tulsi leaves in a cup of water. You could add a wee bit of honey for taste. 5. Honey. Honey is a common answer to how to cure a sore throat fast. That's because this delicious Ayurvedic medicine is wonderfully soothing to the throat.

How To Cure A Sore Throat Fast: 5 Powerful Remedies

1 of 15. A sore throat can be the first sign of a cold, a side effect of strained vocal cords, or an indication of something more serious (like strep throat). Regardless of the cause, your immediate concern when soreness strikes is how to get relief, fast.

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