

# THROAT

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## Definition

Any ailment having to do with the throat such as sore throat ulcerated or inflamed throat, Strep Throat, or thrush, etc.

## Cause

Sore throat is by no means pleasant. The causes are varied. The tonsils may be swollen from a clogged lymphatic system, or the throat can be sore and irritated from coughing.

What we need here is instant relief from pain and something to soothe and heal the throat.



## Herbal Aids



### General Instructions:

For the serious sufferer who wants very quick relief, cayenne pepper taken in juice or water will bring great results. The stimulating effects of the cayenne will increase the circulation in the throat area, minimizing the pain.

**Jethro Kloss, the self-educated healer and author of Back to Eden, states that "pain results from poor circulation in an area of the body."**

Warm ginger tea is an excellent remedy for pain of sore throat.





A hot fomentation of mullein and lobelia over the throat will increase circulation and speed healing.



**First Aid Formula:** A few drops of our antiseptic, First Aid formula, can be dropped into the throat. This is a wonderful formulas for the use on cuts and wounds. We have found that it also obliterates the irritation of sore throat for several hours. Because it is such a powerful remedy the taste is also very powerful. It needs to be used very sparingly.

**Anti-Spasmodic Tincture:** Consists of skullcap herb, lobelia, cayenne, valerian root, skunk cabbage, gum myrrh, and black cohosh. To be used in cases of convulsions, fainting, cramps, delirium tremors, hysteria, etc., also good for pyorrhea, mouth sores, coughs, throat infections, tonsillitis, etc. Dose 1/2 to one teaspoon to glass of steam distilled water as a gargle and use until throat clears, also take one teaspoon in steam distilled water morning and evening.

**B&B Formula:** Black cohosh, blue cohosh, blue vervain, skullcap, and lobelia. This is used to aid in nervous conditions, sore throat, hiccups, and aid to restoring malfunctioning motor nerves and assisting in adjusting poor equilibrium and hearing, and a great blessing to epileptics. Massage into the medulla (base of skull), and upper cervicals, and take six to ten drops in a little water or juice two or three times a day.

**Chickweed Salve:** This is made of chickweed herb and bees wax and oils. Excellent for eczema and/or other skin infections, sores, burning, itchy skin or genitals, swollen testes, acne, hives, also for ulceration of mouth and throat. This is a wonderful healing salve.

**Onion:** The Onion is so powerful, he said, that once a medical doctor in the East had a patient with strep throat that nothing would touch and the patient was getting worse. The doctor thought he'd try an old-fashioned remedy that his grandpa had told him about. He just diced up a big onion, put it on a saucer, and placed it on a table by the man's bed, not where he could reach it or use any of it, but just inhale it. The next morning the strep throat was gone. Just from inhaling it! Just from breathing it!



**Aloe Vera:** A piece of the plant, held in the mouth and allowed to release its juice, clears the throat for singers and speakers

**Bayberry:** Sore throat. Make a strong decoction solution (boil 2 ounces of the herb 15 minutes in 1 pint of water, strain and add sufficient glycerine to make up the pint, cool); spray the solution into the nose and throat every 1-2 hours during 1 day then gradually extend the time between

applications. Sore throat. Gargle the throat thoroughly with the decoction until it is clean, then drink a pint lukewarm to cleanse stomach.

**Red Oak:** Ulcerated and inflamed throat. Use the decoction as a gargle.

**Red Raspberry:** Sore mouth and throat, thrush, spongy gums. Use the strong infusion as a wash and gargle.

**Ulcerated Throat:** Use equal parts of the sage infusion and apple cider vinegar as a gargle.

**Sore Throat:** try using cayenne powder, red garden sage tea, apple cider vinegar, sea salt and honey.

**Juices:** Sore throat. Pineapple, celery, coconut, fig.

## ICE Poultice

**This procedure has been known to clear completely clear a sore throat and can knock out the puss pockets associated with Strep Throat in as little as 45 minutes.**

**Why does the Ice Poultice Work?** The cold draws fresh blood to the area which in this case is over the throat. The warm fresh blood loaded with fresh antibodies is unloaded and then driven through the affected throat area. The result is a healing wave of antibodies destroying the inflammation and infection in the time it takes the body to warm the poultice.



### Items Needed:

- ✓ Wash Cloth
- ✓ Hand towel
- ✓ Safety Pen



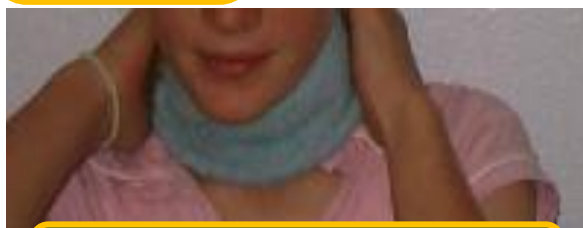
Wet Wash Cloth



Fold Wet Cloth to fit around neck.



Place in Freezer until frozen solid About 20 minutes



Place Ice Poultice snugly around Neck.



Cover with hand towel and secure with Safety Pen.

Leave poultice in place until warmed. This takes about 45 minutes. No drinking or eating during procedure.