

## 6 Tips for treating a sore throat

Winter is around the corner and unfortunately that means it's also the start of cold and flu season. Here are 6 tips for treating a sore throat and making sure it doesn't linger or turn into a more ever infection. The important thing is to **take action** as soon as you feel the "scratchiness" starting in your throat.

1. Gargle with salt water, with a drop or two of tea tree oil added.
2. A pelargonium throat spray or Vinceel throat spray will also help to ease the pain.
3. To reduce pain and inflammation, while at the same time boosting the immune system (instead of suppressing it like over the counter pain killers do) take Bromelain (high dose enzymes).
4. If your voice is also "gone", a nebulizer with saline can help to reduce the inflammation and pain.
5. If you're a smoker, try to avoid smoking as much as possible, as this will act as a counter to any remedies you use! This is also a good time to try to quit, as you are more aware of your health.
6. To prevent a throat infection from turning into full blown flu take Echinacea.

<b>WHERE TO BUY</b>	<b>SWITZERLAND</b>	<b>SOUTH AFRICA</b>
Pelargonium	Various tinctures available	Various tinctures available at pharmacies and health shops
Echinacea	Ceres Echinacea, 3X5 drops	Solgar Echinacea-Goldenseal-Cats Claw-complex, 3x2 daily or Echinaforce – this one at pharmacies, clicks or health shops
Euphorbium Nasal Spray	Euphorbium Nasal Spray from Heel	Euphorbium Nasal Spray – use 3-5X per day, especially before bed/at night
Tea tree oil	Readily available at various shops	Readily available. Also: Soil Tea Tree oil on <a href="http://count2ten.co.za">count2ten.co.za</a>
Pelargonium throat spray	Ask your pharmacist. In Zürich: Bellevue pharmacy.	Not readily available. Ask your pharmacist or at your health shop.
Vinceel throat spray	Heel product: Vinceel throat spray	Vinceel throat spray
Bromelain/Enzymes	Traumanase / Wobenzym. Not always available. Ask your pharmacist.	VRP Unizyme – take 2x2 or up to 3x2 on an empty stomach for acute pain/inflammation of the throat or ears.