

Tuesday Minute Transcript

This Week's Topic

Stop Sore Throats With This

“This simple remedy works better than anything they’re selling at the drug store or over the counter.”

At certain times of the year your patients seem more vulnerable to sore throats and sinus problems. Here are some real answers for those hot vocal pipes.

Before we go into remedies, we always want to think about preventing those infections in the first place. One of the best ways to do that is reduce sugar intake. It’s basic, but you’d be surprised how difficult that is for many people.

The average person in the United States consumes about 120-150 pounds of refined sugar every year. You want a shock? This breaks down to the average American consuming 20 teaspoons of added sugar every day. Think about this. For thousands of years, our bodies only got sugar in the form of fruits and maybe a little honey. You can see why we have such a glycemic epidemic in America today.



I’ve included a chart below on all the effects of refined sugar. It’s staggering. There is also a link for the hidden sources of sugar in our diets.

When talking about sore throats, remember that the glands right there in the throat have the ability to fight infection but too much sugar suppresses the immune system by the numbing down of the white blood cells performance when it attacks aberrant or foreign bacteria. Another factor to consider as we prevent the factors that cause that raw swollen throat

is the avoidance of dairy products. Again basic but remember, dairy causes an increase in mucus production and mucus is where the bugs hide and multiply. So for a case of recurrent sore throats, cutting out sugar and dairy will go a long way to prevent sickness of all kinds. I generally don’t tell patients we are removing dairy forever. I suggest we do a trial for 30 days then tell them that we will evaluate how they feel. They will make the decision.

In addition to these dietary changes, here’s a great sore

throat formula. We can thank Dr. Harry Eidenier and his Balancing Body Chemistry group for this one. Start with 6 ounces of warm pure water; add 2 teaspoons of Celtic sea salt, 4 drops of Bio D-Mulsion Forte and 1 capful of 21st Century Homeopathics "Detoxification." You have a powerful gargling agent. Gargle with this 3-4 times per day and you'll be surprised how fast the sore throat turns around.

This simple remedy works better than anything they're selling at the drug store or over the counter. Here's why it works. The salt forces the water out of the cell causing bacterial dehydration and weakening bacterial cell membranes. The vitamin D acts to ramp up the immune system, especially the production of your innate natural antibiotics called antimicrobial peptides which interestingly enough go up and down every year with your vitamin D levels.

The capful of Detoxification from 21st Century is a combination homeopathic remedy. It aids with lymph drainage and enhances healthy gut health and immunity. It also works well with constricted throat, swelling of parotid tissue and submaxillary glands, an inability to swallow solid food, and an ulcerated sore throat among other things.

If it was my throat, I would also add some global antibacterial support like ADP, 4 tablets 3 times per day; and IAG to increase my natural killer cells. ADP is emulsified oregano oil, and IAG is a concentrated powdered mixture of structural sugars from the larch tree. About 96% of these long chain polysaccharides are arabinogalactans. They modulate the immune system much like echinacea.

The reason why many of the plant compounds like Shitake mushrooms or echinacea have such powerful immune effects is because of the polysaccharides or structural sugars. IAG is far

more concentrated and therefore more potent than most other plant extracts.

For example, taking 1 tablespoon of IAG in water or juice has as many of the long structural sugars as 2-5 bottles of the liquid form of echinacea. It is one of the few products that have been shown to increase our body's production of natural killer cells. Check below for more information on IAG and other agents that increase natural killer cells.

We use 1 tablespoon of IAG three times per day for adults or 1 teaspoon three times per day with children. If you've never used a sore throat protocol like this, print it out from the link below and give it a try.

For chronic sore throats and sinus issues we have to rule out fungal infections because it's often the drip, drip, drip from the sinuses that causes the sore throat. Fix the sinus drip and the sore throat goes away.

Mayo clinic years ago found that over 96% of chronic sinus infections that required surgery involved a fungal component. ADP, the emulsified oregano oil, has been shown to inhibit fungal, bacterial and amoebic growth.

You will find that the combination of removing sugar, dairy, the gargle I just mentioned, and the use of both ADP and IAG will fix most of your sinus conditions as well; however, some of them are more resistive and require greater attention. But when it comes to basic sore throats and many sinus conditions, these natural remedies can be effective and are definitely worth adding to your files.

Thanks for reading this week's edition. I'll see you next Tuesday.