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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Home Remedies For Strep Throat

By Sharon Hopkins

Sore throat ailment is widespread during winter months and viral outbreaks. Signaling the onset of cold or flu, it is preceded by sneezing, coughing, runny nose, pain in the throat and fatigue.

Chamomile tea had every few hours will ease the pain and reduce inflammation. Sage is beneficial in treating throat pains by reducing inflammations and protects the membranes of the mouth and throat, while garlic is a natural antibiotic helpful in speedy recovery and removal of bacteria in case of sore throat caused by flue or bacterial infection. Beside the above alternatives, one should take proper rest; drink extra fluids and gargle twice or thrice a day with warm salt water.

Strep throat is a contagious infection of the pharynx (throat) by the streptococcal bacteria, resulting in pain and inflammation. Symptoms of strep throat are sore throat, pain during swallowing of foods, headache, fever, general ill feeling, appetite loss, ear pain especially when swallowing, tender or swollen red glands in the neck, tonsil swelling, redness, and infection. The infection spreads through saliva and nasal secretions through coughing, sneezing, and touching. Strep throat is caused by person to person contact with an infected individual. Strep throat occurs most commonly in children between the ages of 5 and 15, but it affects people of all ages.

Strep throat if left untreated can cause complications such as tonsillitis, sinusitis, ear infection, fever and rashes, inflammation of kidney and rheumatic fever.

Strep throat can be prevented with proper hygiene. Proper cleaning of hands prevents all kinds of infection. Hence it is important to clean your hands every time it gets dirty and also teach the same to your children. Educate on your children on covering their mouths while coughing or sneezing. Despite take care, if you or your child still gets infected, none should use the same utensils, drinking glasses or share any other common sources of infection transmission.

Doctors will prescribe antibiotics when the condition gets worse, though one still has to take utmost self care.

– Getting plenty of rest and sleep helps to fight body infection.

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- By drinking plenty of water the throat is lubricated, moist, eases swallowing and prevents dehydration.
- Eat foods such as soups, cooked cereals, mashed potatoes, soft fruits, yogurt and soft-cooked eggs as they are easy on a sore throat.
- Cold foods such as frozen yoghurts, fruit popsicles are also soothing. It is ideal to avoid spicy and acidic foods.
- Gargling with warm salt water several times a day helps to relieve throat pain.
- A cool mist humidifier will put more moisture in the air, making sticky, dry, irritated throats feel better.
- Saline nasal sprays also help to keep mucous membranes moist.
- Irritants such as smoke, pollution, paint or products with strong odor and smell can irritate the throat, lungs and increase the likelihood of infection.
- Warm soaks will soothe throat pain as well, and reduce inflammation to glands.
- Sage taken in a pill or tincture form will reduce the inflammation in the throat and ear areas.
- Garlic is also effective for speedy recovery and removal of bacteria with its natural antibiotic properties.

The reader of this article should exercise all precautions while following instructions on the recipes from this article. Avoid using if you are allergic to something. The responsibility lies with the reader, not the site, and the writer.

Sharon Hopkins manages number of home remedies sites like

<http://www.home-remedies-for-you.com>

. Strep throat though common in children, affects people of all age groups. Read on know the causes, symptoms and home based cures for strep throat.

Easy Home Remedies For Curing Snoring

By Ashish Jain

Snoring is not a disease. It is a sort of an imbalance in the human body mechanism. Though, it is quite embarrassing for those who know that they snore. It causes a peculiar kind of disturbance and amusement to those around the person who is snoring.

Well, if the level of snoring could be controlled or eliminated altogether, it would be a good contribution

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to social peace. And it is certainly possible with some very easy home remedies.

1. Try some realignment with the sleeping postures. Elevate your head with pillows; or raise the head of your bed by several inches. The chances of your throat muscle blocking the air passage, when they relax in sleep are less. Don't sleep on your back. You are giving absolute freedom for the snoring exercise by doing so. Your tongue and soft palate fall back, narrowing the airway.

2. Next remedy for curing snoring is to bring in some lifestyle changes in your living. In addition to snoring, this step may solve many other problems as well.

Exercise regularly and lose extra pounds of your body. Prohibit the habit of smoking and drinking as alcohol relaxes the throat muscles and blocks the air passages further. Smoking also puts additional blocks in the air passages and leads to snoring. If you are in the habit of taking sleeping pills, antihistamines and tranquilizers, avoid them. They all help the cause of snoring.

3. Some over the counter medications can also be categorized under the home remedies. They are anti-snoring pills, throat sprays and nasal strips. The reason for their being counted as home remedies is that the ingredients contained in the anti-snoring pills are plant enzymes and herbs. They control nose and throat tissues from swelling. Thus they are conducive for smoother airflow that counters snoring.

4. Any drug free medication is equivalent to a home remedy. The formula of such medication is based on the experience of generations.

Then there are some drug-free snoring aids that keep your jaw in a pushed forward position. It is also known as the "mandibular advancement splint". Its function is to open up your airways and it is reported to have helped in stopping snoring in more than 80% of the cases. Many models of these types of apparatus are available in the market.

The combination of all your conscious efforts on the lines indicated above should help you reduce the level of snoring. You have begun to think about the problem. You are working on it daily. You will soon see the good results and come out of the embarrassing situation— sooner than you expected!

<http://www.newhomeremedies.com/>

& Disease Remedies provides detailed information on remedies, natural remedies, disease remedies and more.



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