

This Free E-Book is brought to you by Natural-Aging.com.

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

Home Remedies For Throat Obstructions

By M. Williams

Have you ever been in the middle of a delicious meal of chicken or fish only to have a bone lodge

itself in your throat and thoroughly destroy your dining experience? Well help is at hand. Our simple and easy to follow home remedies will tell you what actions to take when a foreign particle such as a chicken or fish bone gets stuck in your throat.

Fish Bones. If you have a fish bone stuck in your throat, you could try swallowing a lump of boiled rice. The rice is sticky and adheres to the fish bone. The added weight on the bone helps to dislodge it from your throat and it goes into your stomach where it is eventually digested. If you don't have any rice you could also try swallowing bread. This will also have the same effect.

Chicken Bones. If you have a larger sized bone stuck in your throat, such as a chicken bone, try gargling with some vinegar. The vinegar slowly softens the bone. This can then be removed by swallowing rice or bread. The action of vinegar may take some time but it will eventually soften the bone.

You could also try the "Root of Clematis". This is a pale brownish-yellow colored herb which you can obtain from your nearest herbalist. Decoct this herb with vinegar and brown sugar and slowly sip it while the decoction is still hot. This will help dislodge the bone and also provide relief from the irritation that is caused in your throat.

Choking. If you find that someone starts choking during a meal, it could be either because a bone or some food particle is lodged in larynx. This will restrict the patient's air-flow which causes the patient to choke. In such a scenario you must act immediately as that person's life is in danger. If you suspect the choking is due to a lodged bone, sit the patient up, grasp his tongue and pull it forward and at the same time hook out the bone with your finger. Do ensure that your hands are clean before performing this maneuver and wash your hands immediately afterwards as well. If the choking is due to food particle, you will have to perform the Heimlich maneuver. Stand behind the person and make a fist with your thumb side against the patient's upper abdomen, below the ribcage and above the navel. Grasp your fist with your other hand and press into the abdomen with quick, upward thrusts. This will rapidly compress his lungs and cause the food particle to be expelled.

Home Remedies For Throat Obstructions

Warning: The reader of this article should exercise all precautionary measures while following instructions on the home remedies from this article. Avoid using any of these products if you are allergic to it. The responsibility lies with the reader and not with the site or the writer.

M. Williams is the webmaster for home remedies sites similar to

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

. The site provides knowledge about home remedies and

natural cure. An obstruction in throat can be handled by being calm and by using various home remedies.

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 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.

Home Remedies For Throat Obstructions

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.



This Free E-Book has been brought to you by Natural-Aging.com.

**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Home Remedies For Throat Obstructions

