



Sore Throat - lots of options

Apple Cider Vinegar with Honey - Gargle and swallow

1 cup warm water
1 tablespoon apple cider vinegar
1 tablespoon Honey

Salt and Soda gargle - The Classic

Mix together:

1 teaspoon salt
1 teaspoon baking soda
1 Tablespoon white Karo syrup
1 quart filtered tap water.

Warm mildly, gargle 1/2 cup every 3-4 hours as needed for sore throat

Sage - echinacea throat spray

1 tsp ground sage
1 tsp ground echinacea
1/2 cup water

Boil water, place sage and echinacea in small jar and fill with boiling water.

After 30 minutes pour mixture through strainer into a small spray bottle and spray every 2 hours or as needed.

Honey is safe by itself or combined with warm water for over age 1 year.

Licorice root - (avoid if pregnant or breast feeding) 1 teaspoon licorice to 4-8oz water

Combine ground licorice root with hot water, strain after 5 minutes and drink.

Ginger root tea

Fresh ginger root, 1 liter water, 1 tablespoon honey and squeeze of lemon.

Peel ginger root, grate into small bowl. Boil water and remove from heat, place 1 tablespoon grated ginger and cover with lid, after 10 minutes add lemon juice and honey.

Can drink as warm tea or serve cold.

Marshmallow root

Fill 1 liter jar with cold water and place 1 ounce dried marshmallow root into cheesecloth and tie in bundle, lower in water till submerged.

Place tied end of bundle over lip of jar and place lid of jar on top, let it sit overnight then remove bundle. Sip on throughout the day to reduce symptoms.

Other Remedies:

Chicken Soup
Peppermint Tea
Chamomile Tea
Lozenges
NSAIDS (Ibuprofen, Naproxen), Tylenol, Cepacol,