



Sore throat solution: gargling!

Germ Killing Gargles

Whether you have a sore throat, dry mouth or feel a cold coming on, these tried and true old-fashioned gargles will make you feel better sooner! Remember to make a fresh batch each time, use the hottest water you can tolerate and be sure to gargle and swish around the solution before spitting (not swallowing) it out.

If you're suffering from a sore throat this season, try one of these old-fashioned gargles to make you feel better sooner.

Good old warm salt water

The combination of hot water and salt as an antiseptic for raw, inflamed or infected sore throats has been used for centuries. Use 1/4 teaspoon salt (more if you can tolerate it) in 1 cup of very warm to hot (but not boiling) water.

Echinacea

The next time you feel the symptoms of a cold coming on, try adding 2 teaspoons of Echinacea tincture to 1 cup of water. Echinacea is known as an herbal virus killer and you can help support your immune system by gargling with it up to three times a day.

Lemon and water

Fight back against cold viruses and bacteria by creating an unwelcome (acidic) environment in your throat with the astringent properties of lemon juice. 1 teaspoon of fresh lemon juice in a cup of water helps to shrink swollen throat tissues, leaving you feeling better. If plain lemon juice is too sour, add a tiny bit of honey to taste. Honey helps coat the throat and has mild antibacterial properties.