



What is a Sore Throat?

A [sore throat](#) is usually due to **an infection in the throat area**. [Sore throat causes](#) are mostly related to cases of pharyngitis or tonsillitis. Aside from pain in the throat area, the [sore throat symptoms](#) can also include a reddish appearance or swelling in the throat, ear pain, difficulty swallowing, and a high fever.

As they are often around infections in school and child care, **children are more susceptible to contagious illnesses including sore throats** versus adolescents and adults. They occur all year long, but particularly during the winter months when colds and flu are more frequent.

Diagnosing a Sore Throat

[Sore throat](#) is very common and is **almost always self-diagnosed**. In cases where a [sore throat](#) persists longer than the normal seven day period, or is accompanied by vomiting or fever, you should consult your health practitioner immediately as further diagnosis may be necessary.

What are Sore Throat Causes?

Sore throats may be associated with many medical conditions. **Infections of the throat may be either viral or bacterial** and are usually very contagious. Approximately 90 to 95% of all sore throats are caused by viruses such as the flu virus, a cold, or infectious mononucleosis (glandular fever).

Other [sore throat causes](#), about 5-10%, are contributed to bacteria such as streptococcus, mycoplasma, or hemophilus. Bacterial sore throats are usually more serious than viral throat infections.

A common cause of bacterial throat infection is a particular strain of streptococcus bacteria of the group "A Streptococcus", and is **commonly called strep throat**. This specific bacterium can also cause damage to the kidneys and heart valves as well as causing tonsillitis, sinusitis, ear infections, pneumonia, or scarlet fever.

Is a Sore Throat Contagious?

Viruses causing sore throats can be **spread through airborne droplets** as well as through **hand-to-hand** and **direct contact**. However, sore throats can also be a **symptom of other viral infections** such as chicken pox, measles, whooping cough, or croup. Fever blisters or canker sores may also develop in the throat causing extreme pain. Mononucleosis (also known as the kissing disease or

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glandular fever) is a common throat infection as a result of the Epstein–Barr virus lodged in the lymph system. This virus causes a severe [sore throat](#), enlarged tonsils with white patches, and swollen glands in the neck and armpits, sometimes with accompanying jaundice.

A [sore throat](#) may also be brought about as a **result of environmental and other conditions**. Smoking and breathing secondhand smoke, consuming large amounts of alcohol, breathing chemical fumes or polluted air are all factors that may cause a [sore throat](#).

Help for a Sore Throat

The best [sore throat remedies](#) including **drinking plenty of fluids** such as tea with honey and gargling daily with warm salt water. **Over-the-counter medication** such as paracetamol, ibuprofen, or antiseptic gargles will also provide pain and relief from [sore throat symptoms](#), but **may cause unwanted side effects**.

More severe throat infections may require prescription medication such as antibiotics to suppress the infection. As antibiotics can not only cause unwanted side effects and other complications, but also rob the body of ‘good’ bacteria. It is important to determine whether they are really necessary, and if you do decide to take them, to **replenish the good bacteria** by eating live culture yogurt.

Natural Sore Throat Remedies

There are many **effective natural alternatives** to over-the-counter and prescription medicine that can **relieve [sore throat symptoms](#)** as well as **treat the cause**. Herbal and homeopathic [sore throat remedies](#) are safe, effective and gentle, without the harmful side effects or risk of addiction which accompany prescription and OTC medication. Natural remedies can treat the symptoms of [sore throat](#) while also helping to **strengthen the immune system** and **beat the infection**.

Examples of homeopathic remedies used to treat sore throats include Gelsemium 6C, which relieves a [sore throat](#) and influenza, and also provides a soothing effect. Salvia officinalis is a powerful herb with **antibiotic and antiseptic properties** that benefits all conditions of the mouth and throat. Other herbs such as Garlic help to **fight bacterial infection** and promote a strong immune system while Agrimony and Thyme can be taken for their **astringent properties on the mucus membranes**. Remember to always ensure your natural remedies are sourced from reputable companies for maximum safety, therapeutic dosage and effectiveness.

Tips for Sore Throat Prevention

- Drink herbal teas, vegetable and fruit juices and large amounts of water to re-hydrate the mucus membranes in the throat and keep it moist
- Increase your intake of Vitamin C and bioflavonoids to boost your immune system
- Inhale aromatherapy oils such as eucalyptus, geranium, thyme and sandalwood



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Wash your hands thoroughly and frequently
- Do not share eating and drinking utensils with others
- Avoid close contact with someone who has a [sore throat](#)
- Avoid heavy polluted and smoke-filled areas

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with

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pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Throat and Tonsil Dr.: Soothe & supports the throat while promoting tonsil health and immune functioning.

Throat and Tonsil Dr. is a unique, 100% natural blend of herbal ingredients chosen for their ability to **promote throat tissue health**, soothe the throat and related organs such as the tonsils, as well as promote health in the lymphatic system.

Throat and Tonsil Dr. supports the body's natural ability to resist and fight infection. It also supports the **healthy functioning of the throat, tonsils, and immune system**, thereby helping to maintain the natural defense against



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Throat and Tonsil Dr. can benefit those individuals needing to support routine immune strength to guard against common conditions associated with childhood. In young, developing immune systems (such as in childhood) the throat and tonsils may be especially vulnerable, so measures to **promote tonsil health** are essential.

Throat and Tonsil Dr. can be used when needed, without compromising health and **without the risk of serious side effects**.

[Learn more about Throat and Tonsil Dr.](#)

Immunity Plus: For full immune system support for adults and teens

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely maintain the **health and systemic balance of the immune system**, without harmful side effects and stimulants.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining immune system health and well-being. It supports the healthy functioning of the immune system, thereby helping to maintain the **natural defense against pathogens** and optimum performance.

As we grow older, we sometimes begin to notice that our immune systems are not as good as they used to be. ImmunityPlus can especially benefit those individuals needing to support routine immune strength to guard against common conditions associated with the maturing of cells.

ImmunityPlus can be used consistently, without compromising health and **not causing serious side effects**, to help maintain the body's natural ability to fight viral and bacterial infections-- while also supporting healthy convalescence.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bioavailability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Immunity Plus](#)

Read the testimonials for these quality products [here](#)!

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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