

# Natural Help 4...

## Pharyngitis



### What is Pharyngitis?

Often referred to as a **sore throat**, [acute pharyngitis](#) is a painful inflammation of the pharynx (the area that joins the nasal cavity and the oral cavity to the larynx) in the throat region. 'Acute' [pharyngitis](#) simply means that the condition has not persisted more than a few weeks (which would then be classified as 'chronic'). [Pharyngitis](#) occurs most commonly with a **viral upper respiratory infection**.

[Pharyngitis symptoms](#) may include difficulty swallowing, accompanied by a 'scratchy' and dry throat. Inside, **the throat often appears swollen**, red, and inflamed with or without white spots (filled with pus). It is not uncommon for a fever or cough to accompany [pharyngitis](#).

### Diagnosing Pharyngitis

Your doctor will be able to **diagnose acute pharyngitis** by looking inside the mouth, towards the back of the throat. There are two types of [pharyngitis](#) that can look quite similar; [viral pharyngitis](#) and bacterial [pharyngitis](#).

### Tests for Pharyngitis

A **throat culture is often taken** to determine if bacteria are present. The throat is swabbed and the sample is sent to a laboratory for culture and analysis. The results are often obtained from the lab more than 24 hours later.

A rapid strep test, which is a screening test for Group A Streptococcus, the most common bacterial cause of [pharyngitis](#), may be performed and analyzed in the physician's office with results available in 15 minutes.

However, this test is not as reliable, and negative results must be confirmed by culture. Most cases are **usually diagnosed purely on history and physical examination** which may reveal swollen tonsils (near the base of the tongue), sometimes covered with small white or gray pustules.

The lymph nodes in the neck often become swollen and tender with infection of the tonsils or tonsillitis occurring simultaneously.

### What Causes Pharyngitis?

**The major cause of pharyngitis is infection.** 90% of cases are viral, the remainder caused by bacterial infection, and very rarely, oral thrush. Seasonal

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

allergies are another common non-infective cause of [pharyngitis](#).

Organisms such as Streptococcus, Mycoplasma pneumoniae, Chlamydia pneumoniae, and Neisseria gonorrhoeae can cause bacterial [pharyngitis](#). Infection is spread by person-to-person contact.

#### Other Causes of Pharyngitis

- Coughing
- Inhaling environmental and chemical pollutants
- Other illnesses (e.g., diphtheria, mononeucleosis)
- Seasonal allergies
- Smoking and second-hand smoke
- Lowered Immune System

## Help for Pharyngitis

Without treatment, [pharyngitis](#) will usually settle itself within a few days. For that reason, **the main focus of conventional [pharyngitis treatments](#)** is to treat the [pharyngitis symptoms](#). [Pharyngitis treatments](#) will vary according to the cause (whether it is bacterial or viral).

#### Various Pharyngitis Treatments

##### Conventional Medical Treatment

Antibiotics are only helpful when a bacterial infection is the cause of [pharyngitis](#). For viral [pharyngitis](#), antibiotics have been shown to only affect the degree of sore throat pain temporarily. Analgesics (pain killers) are also effective, but there are many simple measures that can also be used. **[Viral pharyngitis usually resolves itself](#)** without medication. Throat lozenges or cough medicine are often used for short-term pain relief.

Gargling with warm salt-water may help to relieve pain and reduce swelling. If the tonsils have been chronically infected, they may need to be removed surgically (tonsillectomy), although this should only be a last resort, as the **tonsils are a powerful line of defense in the immune response** to infectious organisms.

##### Self-Care Treatment

There are a number of things that can be **done at home to treat the symptoms** of [pharyngitis](#). It's a good idea to avoid foods that are very acidic, as this can be extremely painful on the inner throat area. Gargling gently with warm salty water can also serve as a natural antiseptic. Honey in a warm herbal tea can also provide relief, and cold beverages or popsicles will help to numb the throat, thus relieving the 'scratchiness'.

Yogurt, ice cream, or milk have also been shown to **help alleviate the pain temporarily** by coating the affected area, while raw juice of lemon or lime may help destroy bacteria in bacteria-related throat infections. Just beware that the high acid content may irritate the affected throat tissues.

##### Natural Herbal and Homeopathic Remedies

**Herbal and homeopathic remedies** have been used for centuries to treat a number of conditions, so it is not surprising to find that nature's very own



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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.

medicine chest has its own sore throat and [pharyngitis treatments](#). Herbs such as *Salvia officinalis* have a beneficial effect on all conditions of the mouth and throat and have well-known **herbal astringent, antibiotic, and antiseptic properties**. *Gallium aparine* (also known as Cleavers) is another excellent cleansing tonic that has a particularly beneficial effect on all the lymph glands, including the tonsils. This herb is effective in relieving swollen tonsils and other lymph glands, and is also recommended for glandular fever.

While these ingredients help relieve troubling [pharyngitis symptoms](#), other herbal ingredients are especially helpful in assisting the body's ability to fight off infection. *Olea europea* (extract of Olive leaf) is used to **fight a variety of illnesses** and to **protect the body** against disease, ailments, and infection of all types. *Olea europea* destroys viruses by **stimulating the immune system** to produce white blood cells and by **preventing the replication of viruses**, including the strains that cause viral [pharyngitis](#)— as nature intended. Another well-known immune strengthening herb is *Echinacea purpurea*, commonly used to treat colds and flu and is very well-supported by research studies.

## 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.

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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 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 – 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.



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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.

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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**.

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**Immunity Plus**<sup>™</sup> : 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](#)

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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.

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