

Natural Help 4...

Strep Throat



What is Strep Throat?

The term '[strep throat](#)' refers to a **contagious bacterial throat infection** caused by the Group A streptococcus bacterium. The throat becomes inflamed and irritated, resulting in a sore throat, usually of rather sudden onset.

[Symptoms of strep throat](#) may range from mild to severe. There are several strains of strep that may lead to serious complications if left untreated. Some of these strains produce **toxins that can damage the kidneys**, heart valves and cause tonsillitis, sinusitis, ear infection, pneumonia, rheumatic fever and scarlet fever. Streptococcal infection also has the potential to spread within the body, causing pockets of pus (abscesses) in the tonsils and in the soft tissue around the throat.

[Strep throat](#) infections most commonly occur in late fall, winter, and early spring **during the cold and flu season**. They are most common in school aged children and teens that have a less well developed immune system and can spread quickly within communities.

When children have [strep throat](#) they complain of a sore throat, which is often accompanied by **upset stomach or a rash under the arms** or in the skin creases. Adults can also be affected with a [strep throat](#) infection and usually suffer from a sore throat, fever and swollen glands. The acute illness usually lasts at least between two and five days.

Symptoms of Strep Throat

The symptoms and [signs of strep throat](#) include:

- Throat pain
- Difficulty swallowing
- Red, swollen tonsils, occasionally with white patches or streaks of pus
- Swollen and tender lymph glands in the neck
- Headache
- Fever
- Skin rash
- Loss of appetite

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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

- Abdominal pain
- Nausea and Vomiting

Diagnosing Strep Throat

The **diagnosis of strep throat** is based on the symptoms, physical examination and laboratory tests. Your doctor will do a thorough examination of your throat and tonsils by checking for redness, swelling, white streaks or pus.

Tests that will determine the presence of streptococcal bacteria include:

- **Throat culture**

A sterile swab is rubbed over the back of the throat and tonsils to obtain a sample of the secretions. The sample is cultured (grown) in a laboratory with a waiting period of 24-48 hours before streptococcal bacteria may be detected.

- **Rapid antigen test**

A swab is used to take a sample of the foreign substances (antigens) from the back of the throat. This test will be able to detect strep bacteria in 15 minutes. If the result is positive for streptococcal bacteria, treatment may begin immediately. Not all rapid antigen tests are accurate and many doctors may use throat cultures if the results of the rapid tests were negative.

What Causes Strep Throat?

Strep throat is caused is caused by group A streptococcal bacteria, usually *Streptococcus pyogenes*. Streptococci are the most **common causes of bacterial throat infections** and in some instances can be highly contagious. This type of bacteria is spread from person to person through airborne droplets when an infected person either coughs sneezes.

Hand to hand contact such as sharing personal items and touching objects such as doorknobs, telephone receivers or pens can also transmit infection. (/ailment/bacterial-infections-and-fungal-infections-info.html) The **infection is most contagious** during the initial 24 to 48 hour period.

Help for Strep Throat

Strep throat that is left untreated can lead to serious complications. Health practitioners usually prescribe oral antibiotics such as penicillin, amoxicillin, azithromycin or clarithromycin for immediate relief. It is important that you complete the entire course of antibiotics to **prevent recurring infections**. Also remember to replenish 'good' bacteria that antibiotics may have destroyed in your body by eating yogurt, a great source of probiotics. **Strep throat** is usually cleared within three to seven days of treatment. Over-the-counter medication such as Advil, Motrin, or Tylenol can also help to relieve throat pain and reduce fever but be aware that these medications may lead to dependency and addiction(/ailment/natural-drug-addiction-treatment.html) if used too frequently.



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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.

Natural Remedies

Natural and holistic treatments can also **provide rapid relief for throat pain and inflammation**, without the adverse effects associated with prescription, antibiotic or OTC pharmaceutical drugs. Using homeopathic and herbal remedies is a safer, gentler way of improving overall health and can be equally effective.

Homeopathic ingredients such as Gelsemium **can relieve a sore throat** and provide a soothing effect, while *Salvia officinalis* is a powerful herb with antibiotic and antiseptic properties that can benefit all conditions of the mouth and throat region.

Chamomile, with its analgesic properties, can reduce fever and provide relief for throat pain. Garlic is a firm favorite of herb enthusiasts and its **antibiotic properties are excellent for strep throat**. Remember to obtain all herbal and homeopathic remedies from a reputable source to ensure maximum safety and effectiveness.

Tips to Relieve a Sore Throat

- Drink plenty of fluids such as water and herbal teas to keep the throat lubricated and to prevent dehydration
- Get plenty of rest and stay in bed if you feel very ill
- Eat foods that will soothe a painful throat such as soups, scrambled eggs, mashed potatoes, soft fruit or yogurt
- Use a humidifier to add moisture to the air and keep your throat from becoming dry and irritated
- Avoid irritants such as smoke and chemical fumes from paint or cleaning products
- If you are a smoker, try to stop smoking naturally or at least cut down on your cigarette intake
- Gargle with salt water several times a day to help fight bacteria and reduce inflammation

Preventing a Sore Throat

There are no guarantees that you will never suffer from **strep throat**. However, there are a few ways to prevent spreading bacteria and infecting to those around you.

Follow these useful tips:

- Cover your mouth and nose with a tissue when you cough or sneeze to prevent bacteria spreading
- Wash your hands thoroughly and frequently, (especially underneath the fingernails) – and before eating, cooking, after sneezing, coughing or blowing your nose
- Eat a healthy diet of fresh fruit, vegetables and lean meat – which are all immune system boosters
- Drink at least eight glasses of water daily to cleanse and detox the body's system
- Disinfect wounds and scrapes by washing, and covering the wound with a natural antiseptic ointment
- Wash household utensils and wipe surfaces with hot, soapy water and

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people-friendly cleaning detergents

- Avoid sharing personal items such as towels, toothbrushes, food or drinks
- Increase your intake of vitamins such as Vitamin A and C, and zinc

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 pharmaceutical drugs. Contrary to common perception, and provided that they are



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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:

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.

Six Good Reasons to choose Native Remedies as your trusted suppliers of 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](#).

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](#)

Kiddie Boost: Support healthy immune functioning in children.

KiddieBoost is a 100% safe and natural formula containing carefully selected herbal ingredients known for their **tonic effects on the immune system**, as well as their high safety profile in children's remedies, compared to possibly harsh antibiotic side effects in children.

When children attend school, daycare, or preschool, they are particularly prone to picking up viruses and bugs. To help protect their immune systems, KiddieBoost has been specifically formulated to **strengthen child's immune system** from the age of 12 months. KiddieBoost comes in a convenient drop formula that is easy to administer to children.

KiddieBoost is developed with care by our team of specialists, is 100% natural, and manufactured according to the highest pharmaceutical standards using the **whole spectrum method** of herbal extraction.

This method ensures 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 Kiddie Boost](#)

Throat and Tonsil Dr.: To soothe the throat, promote tonsil health, support immune functioning

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

Throat and Tonsil Dr. supports **the body's natural ability to protect itself**. It also supports the healthy functioning of the throat, tonsils, and immune system, thereby helping to maintain the body's natural defenses and maintain optimum performance.



Read more about the Native Remedies Full Spectrum Approach™

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

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