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## Sore throat and cold sore

By Prerna, Factly StaffUpdated: Jun 10, 2020Sore throats are quite common and almost always painful. While a sore throat that lasts more than a few days may be cause for medical inspection, many tried-and-true home remedies can help ease symptoms until the body has dealt with the allergies, infection, or other issue that is causing the pain. An age-old home remedy for treating a sore throat is a tea mixture of lemon, ginger, and honey. The ginger helps loosen mucus from the respiratory tract, while honey and lemon soothe the throat. You will need:1 teaspoon of powdered or a 1/2" chunk of fresh ginger1 teaspoon honey½ squeezed lemon½ cup hot water Mix the ginger and honey into the water and add the lemon juice. Allow to cool slightly, then sip for instant relief. If you have garlic in your kitchen and enjoy its strong flavor, you may be in luck. Since time immemorial, garlic has been revered for its antibacterial properties and is popular in many homeopathic remedies. You will need:1 fresh clove of garlic, halved Simply place one piece of raw garlic in each cheek, and suck on it as you would cough drops. If you can chew it, good for you, but if you can't, just crush it against the teeth to release its antibacterial allicin. Do this once a day to combat any infection that may be causing pain. Gargling with salt water can ease pain immediately and even help cure a sore throat. Throat pain is often caused by inflamed mucous membranes, and salt can help pull out moisture from the swollen tissues, while also making your throat less susceptible to bacteria. You will need:1 cup of warm water (8 oz.)½ teaspoon of salt Warm the water — it should not be hot. Dissolve the salt into the water, then gargle with the mixture for five to seven minutes. Repeat this twice or three times a day as required. Baking soda changes the pH of the throat, making it more alkaline, which is no good for bacteria. Most people have a box of baking soda in their cupboard, so this is a great option for treating a sore throat. You will need:1 cup water (warm, not hot)½ teaspoon of baking soda½ teaspoon salt Heat the water so that it is warm but not boiling. Then, add the salt and baking soda. Gargle and spit out the mixture. Repeat this process about three times a day. Sage has been used medicinally for centuries. It is an astringent herb that causes contraction of the throat tissues, relieving swelling and easing a sore throat. You will need:1 cup of boiling waterLittle bit honey (only if you prefer sweet tea)2 teaspoons sage leaves¼ ounce salt (if not adding honey) Add the sage leaves to the boiling water and let them steep for 10 to 15 minutes, then strain out the leaves and drink the mixture. If you like sweet tea, mix in a little bit of honey. Steam is a great solution for easing the soreness in your throat, especially when you're also plagued by congestion from a cold or other infection. You will need:1 big bowl1 large bath towelBoiling water to fill the bowl halfway Simply add boiling water to a large bowl and lean over the bowl, covering your head with a towel. Adding a bit of eucalyptus oil can help, too. Make sure to keep your face back from the water so as not to burn your skin. Perhaps you have heard that cloves can be a powerful remedy for toothaches and throat pain. They contain eugenol, a natural anesthetic and an effective painkiller. Chewing on a clove releases eugenol that will numb throat pain. You may want to use water to rinse your mouth after the herb has done its job. Apple cider vinegar is another great option to alter the pH of the throat and take down germs. Its high acidity soothes pain and combats infection. When mixed with honey, it is even more effective. You will need1 teaspoon of apple cider vinegar1 teaspoon of honey1 teaspoon of lemon juice (optional)1 cup of warm water Mix apple cider vinegar, honey, and lemon in a cup of warm water. Drink while the mixture is still warm. Yet another natural remedy for treating a sore throat is chamomile tea. For a sound sleep, sip a cup an hour or so before bed — the flowers feature properties that go to work as natural pain-killing agents and also encourage relaxation. You will need1 sachet of chamomile tea1 cup of boiling waterAn empty mug Add the tea bag to a mug of just-boiled water. Let the tea steep as long as you like, then drink for fast relief. A hot toddy can take a sore throat down a notch. It warms the chest and helps soothe you off to sleep. This remedy, of course, is only for adults. You will need1 ounce of whiskey1 tablespoon of honey1 tablespoon of lemon juiceHot water Add whiskey, honey, and lemon juice in a cup of hot water. Stir the mixture and drink it before bedtime. By Mika, Factly StaffUpdated: Mar 16, 2020A sore throat is a common ailment that can be especially pronounced during the winter and spring months. It often involves irritation, pain, and itchiness of the throat, which can make it difficult to swallow. Luckily, in most cases, sore throats are caused by non-threatening conditions that are easily cured by resting at home. In some cases, the causes can be dangerous and must be treated with powerful antibiotics. It comes as no surprise that smoking is one of the principal causes of a sore throat. In 2017, around 20 percent of the population in Western countries smoke on a daily basis. This leads to a series of health-related problems, one of which is a sore throat. The heat generated by cigarette smoke dries out the throat, causing it to become sore and in some cases inflamed. Moreover, smokers are likely to experience difficulty swallowing, and they may cough frequently. Worst of all, because cigarettes contain many dangerous chemicals, smoking may also lead to mouth and throat cancer. People who live in climates characterized by dry air are more likely to experience a sore throat. Harsh winter conditions may also cause similar pain in the throat, and even the act of breathing in cold air while sleeping can result in a sore throat. Dry air causes throat pain because it dries the mucus that keeps the throat moist. If you live in a climate with dry air, you can drink more water to combat the negative effects of dry air. You may also try mixing honey with warm water to subdue the pain. Measles, which is also known as rubeola, is a viral infection that may cause a sore throat. This is a very contagious condition that can rapidly spread through saliva or mucus. It often spreads between people who spend a lot of time with each other. Measles is particularly contagious because it can live on surfaces for up to five hours. During this period, the infected particles can spread through the air, thereby infecting other people. One of the first symptoms you might notice if you get infected is a sore throat, which is usually accompanied by other symptoms, such as a fever. Many bacterial infections and viral conditions may also cause pain to be felt in the throat. Strep, which also causes inflammation and fever, is one type of infection associated with a sore throat. Strep throat is caused by the bacteria A Streptococcus. This condition can affect children and adults of all ages, but it is most common in people between the ages of five and 15. If you have strep throat, then it is important to avoid sneezing in front of other people, as this is the main way of spreading the virus. The tonsils, which are a mass of tissue found at the back of the throat, are an important part of the mouth and throat area. They filter air as it enters your airways and trap germs that could potentially cause infections. Moreover, they create antibodies that eliminate infections. In some cases, tonsils may become overwhelmed by an infection or bacteria, causing inflammation and pain. This is known as tonsillitis. Tonsillitis may occur more than once and is most likely to affect younger children. Both bacterial and viral infections can cause tonsillitis. To cure tonsillitis, you will be prescribed antibiotics. Pollution, especially in and around big cities, is one of the most common causes of a sore throat. Besides a sore throat, pollution can cause many other symptoms to appear, such as a runny nose or dry and irritated skin. Pollution can be especially irritating during the dry, cold winter months, during which the probability of developing an infection rises considerably. To fight the negative effects of pollution, you can drink warm water mixed with honey; this remedy is both soothing and antibacterial. The common cold is one of the most prevalent causes of throat pain. Because cold viruses are very widespread in the fall and winter months, many people can experience some of its unpleasant symptoms. Sore throats that are due to the cold are often caused by viruses, along with headaches, coughing, and a runny nose. To relieve your throat pain, take over-the-counter medication or natural home remedies, such as herbal teas and honey. Laryngitis occurs when the vocal cords in the voice box, or larynx, become infected and inflamed. This leads to throat pain, among other symptoms. Laryngitis itself is caused by a variety of conditions, including upper respiratory infection or the common cold. In some cases, overuse of the vocal cords, such as by singing or shouting, can also cause pain and inflammation. If laryngitis is viral, it can become infectious. If you experience a general loss of voice, fever, throat pain, and hoarseness, you may have laryngitis. The flu - medically known influenza - is a contagious condition caused by the influenza A and B viruses. Because of its infectious nature, the flu tends to affect a large number of people. This condition is especially frequent during the early spring and the winter months, but it can also occur during summer months. The flu spreads by infecting the upper and lower respiratory tracts. Even though there are a lot of similarities between the flu and the common cold, the flu is more serious and will often leave you feeling weak and exhausted for a few days. Chickenpox is not considered to be a deadly and dangerous disease, and most children who have not been vaccinated against chickenpox will develop it at some point. It can also occur in adults who didn't develop it as a child. In many cases, chickenpox may cause a sore throat. Luckily, in most cases, chickenpox is not severe and will usually clear up within a week. In rare cases, it can persist for more than a week. For some groups, it can be dangerous. These groups include pregnant women, newborn babies and people with weakened immune systems. sore throat and cold sores in mouth. sore throat and cold sore covid. sore throat and cold sores on lips. sore throat and cold sores on tongue. sore throat and cold sore symptoms. sore throat and cold sore treatment. i have a cold sore and a sore throat. can you get a sore throat with a cold sore



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