



Soaring Crane Natural Health Center

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Sore Throat Gargle

Saline water is a natural anti-microbial and will soothe a sore throat if done regularly.

Materials:

1 cup lukewarm water

½ tsp sea salt

Instructions:

- Mix water and sea salt thoroughly, dissolving salt completely.
- Swish mouthfuls of the water in your mouth, leaning your head back and gargling the water in the back of your throat.
- Spit water into the sink.
- Repeat until water is gone.
- Repeat process 3-4 times a day for an acute sore throat.