

Catarrhal Rhinopharyngitis

What Is Catarrhal Rhinopharyngitis?

Catarrhal rhinopharyngitis, otherwise known as the common cold, is a viral infectious disease in the upper respiratory tract that mainly affects the nose.

Catarrhal rhinopharyngitis involves an excessive buildup of mucus or phlegm in the airways, as well as the mouth and nasal cavities of the body. As a result, the mucus membranes of the nose and throat become inflamed. Symptoms include a sore throat, coughing, sneezing, and fever. Many of these can be resolved in ten days, but some symptoms last up to three weeks.

What Causes Catarrhal Rhinopharyngitis?

Catarrhal rhinopharyngitis is thought to be caused by a viral infection, which is more common in cold weather—for example, during the winter season. It can strike in the form of small epidemics.

Catarrhal Rhinopharyngitis FAQ

Q: My breathing has become very laboured in the mornings, and I'm getting terrible catarrh too. My doctor told me it is catarrhal rhinopharyngitis and prescribed me a course of antibiotics and told me some medication to take. However, I am keen to go the natural route and wondered if you had any recommendations? Thanks.

A: Take SerraEnzyme 80,000IU - 2 capsules every hour until it clears, then you can reduce to 1 capsule a day. Two sprays of Hydrosol Silver every few hours can also help to kill the infection. Alongside this, it's recommended that you follow the healthy diet and lifestyle plan for best results. Follow my Catarrhal Rhinopharyngitis Health Plan for more information.

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“When I was taking Serrapeptase it helped my really terrible catarrh, I could hardly breathe in the mornings. Someone advised me to try Serrapeptase, and it certainly moved the catarrh. My friends are also using it; one man had trouble with his foot and another had a similar problem with catarrh.

We all agree it is very much to be recommended. And I make a point of getting to bed by 10.30 the night Dennis the Chemist is on the radio....The first thing he ever mentions is you've guessed it: Serrapeptase!”

- Steve Oliver

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Follow the Health Plan as recommended for the best results:

CATARRHAL RHINOPHARYNGITIS HEALTH PLAN

The following health plan is designed to provide relief for catarrhal rhinopharyngitis so as to give relief for this condition.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support ear, nose and throat health - in order of priority:*

- [SerraEnzyme 80,000IU](#) - Start with 2 Serrapeptase 80,000IU tablets/capsules per hour until it clears. Then gradually reduce to 1 per day.
- [Hydrosol Silver™](#) - Taking two sprays of Colloidal Silver every few hours will kill any infection.
- [Prescript-Assist - 29 Super Strain Probiotic](#) - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times per day. **(See www.Probiotic29.com/studies.)**