

# Laryngitis

## What Is Laryngitis?

Laryngitis is an inflammation in the vocal cords in the larynx. As the organ for the voice in mammals, it is commonly referred to as the voice box. Laryngitis as a condition is rarely serious and lasts on average for 7 days. The larynx is a 2 inch (5 cm) high tubular chamber. It is made up of cartilage, bound by ligaments and membranes, and moved by muscles.

## What Causes Laryngitis?

The most common cause of laryngitis is a viral infection. This can result in a weak or hoarse, gravelly voice; sore throat; sometimes a fever or a cough (usually dry and non-productive); a tickling feeling in the throat; and difficulty swallowing.

## Laryngitis FAQ

**Q: My laryngitis has gone from bad to worse. I'm worried that I will never get my voice back at this rate! What can you suggest to help?**

A: I would suggest Serrapeptase, in particular the SerraEnzyme 80,000IU as this can help to ease the inflammation. Take one tablet or capsule on an empty stomach. You can also break it open and mix with a little bit of honey, allowing it to trickle down your throat.

Follow my Laryngitis Health Plan for the diet and lifestyle plan to heal your condition.

.....

**“As a singer on a cruise ship, my voice is my bread and butter, so it’s important that I look after my voice. I was devastated when I developed laryngitis which got worse and worse, costing me a few nights of work. I have since taken your advice to use the SerraEnzyme 80,000IU, and the results are amazing - the tickly cough and swollen throat are gone, and my voice has returned and is back to its beautiful best. Thank you!”**

**- Susan, UK**

.....

*Follow the Health Plan as recommended for the best results:*

## LARYNGITIS HEALTH PLAN

The following plan can help you to find relief for laryngitis when following a naturally healthy lifestyle and a supplement regimen.

*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](#) - Take one tablet, or capsule, every hour on an empty stomach. Chew the tablet, or if using capsules, break open onto a spoon, and let it melt down the throat very slowly.
- [Hydrosol Silver™](#) - Taking four 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 a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See [www.Probiotic29.com/studies](http://www.Probiotic29.com/studies).)**