

Sore Throats

What Are Sore Throats?

A sore throat, otherwise known as pharyngitis, involves painfully inflamed mucous membranes that line the pharynx. It can be the symptom of numerous conditions but is usually associated with a cold or influenza.

What Causes Sore Throats?

Sore throats are usually caused by viral or even bacterial infections; they are sometimes the result of environmental conditions. Many sore throats can heal themselves eventually, but they shouldn't be ignored in case it develops into a more serious illness.

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"My sore throat was causing me a great deal of pain and distress, making my work as a call centre advisor incredibly difficult. I kept trying to sip water, suck on sweets, etc. and nothing seemed to make a difference. Serrapeptase mixed with honey and water as you suggested has helped, and I have seen a big difference... My throat now feels normal again and talking is no longer a challenge. Thank you."

- Julie, Essex

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"Hi, after recently being recommended Serrapeptase by my mother who has an arthritic neck and scar tissue damage (she got a lot better and dramatically reduced her pain killer intake), I decided to try it myself for chronic sinus and found I instantly got better by 95%. I've also found it works amazingly well on menstrual cramps, which I suffered with greatly, yet with Serrapeptase, I don't even need one painkiller. It also prevented a cold from developing when I had a sore head and neck."

- Fleure

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Follow the Health Plan as recommended for the best results:

SORE THROATS HEALTH PLAN

The following plan can help you to find relief for a sore throat, especially when followed with a naturally healthy lifestyle.

*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; break it open onto a spoon, let it melt in mouth, and let it trickle down the throat very slowly. I personally have used this protocol and have never had to go more than one hour before it was gone.
- [**HydroSol Silver Spray**](#) - Take 4 sprays under the tongue every few hours until clear. Contains Colloidal Silver that 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)