

Swollen Glands

What Are Swollen Glands?

Swollen glands are the result of enlarged lymph nodes. In children, a node is considered enlarged if it is more than 0.4 inch in diameter.

What Causes Swollen Glands?

Infections are the most common cause of swollen lymph nodes, and this can include tuberculosis, German measles, ear infections, tonsillitis, mumps, gingivitis (swollen gums), abscessed or impacted teeth, and even sexually transmitted diseases.

Other causes of swollen lymph nodes can include immune or autoimmune disorders resulting in HIV and rheumatoid arthritis. Cancers that may cause swollen glands include Hodgkin's Disease, leukemia, and also Non-Hodgkin's Lymphoma. Some medications and vaccinations can also cause swollen lymph nodes, depending on the circumstances.



“My lymph glands were swollen for weeks, and then I got an infection. I was beginning to worry that they might never go down, and I was wondering what would be best to do. I have been taking the Serrapeptase as you suggested, and I have noticed that the swelling has decreased dramatically, which has been a relief. Thank you!”

- Sylvia, London



Follow the Health Plan as recommended for the best results:

SWOLLEN GLANDS HEALTH PLAN

The following plan can aid you in helping to find relief for swollen glands, especially when combined 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 80,000IU tablet or capsule every hour on an empty stomach, break open onto a spoon, allow to melt in the mouth and trickle down the throat very slowly.
- [Prescript-Assist - 29 Super Strain Probiotic](#) - Open 1 capsule onto a spoon and chew slowly until dissolved. This is the next-generation, clinically-proven vegan probiotic supplement. **(See www.Probiotic29.com/studies.)**