



Natural Remedy for Sore Throat

Sore throat is a common problem, and is usually the result of a bacterial or viral infection. A severe throat pain in the neck, while swallowing food or even water could be caused by any sign of trouble from the mouth to the esophagus. **Causes:**

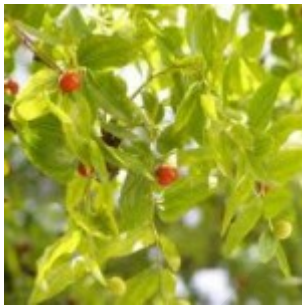
- Viruses, bacteria
- The season
- voice straining
- allergy

Symptoms:

- Change in voice
- Dry throat
- Feelings of itchiness or tickling in the throat
- Swollen tonsils

Diagnosing Throat Pain:

- Try and avoid unhealthy and solid foods, the most effective and popular of all sore throat remedies is the salt water gargle.
- Avoid smoking and drinking alcohol.



Ingredients:

1. Jujube immature leaves.
2. Salt.

Natural Remedies: Take some jujube immature leaves, clean and boil with salt. Then wash out your mouth.

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