

# DR. CHRISTOPHER'S *Herbal Legacy Newsletter*

## **Herbal Remedy for Strep or Sore Throats**

**from "Safety of Herbs" – A Healthier You Radio Show with  
Master Herbalists David and Fawn Christopher**

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We have been effective dealing with strep throat with a very simple combination of herbs. This is a very valuable formula that has saved us hundreds and hundreds of dollars in medical expenses and gotten us over these kinds of conditions quickly.

Here's the formula:

- \* One tablespoon of pure honey
- \* ¼ teaspoon of cayenne pepper
- \* Four cloves of garlic pressed through a garlic press

Those are the proportions, but you'll need more than that, so take four tablespoons of honey, one teaspoon of cayenne pepper and sixteen pressed cloves of garlic, and mix that all together. Take ½ teaspoon to one teaspoon of the formula every 30-60 minutes.

Don't wash it down – let the honey coat the throat, then the cayenne being a rubefacient will bring blood into the area, and then your immune system will be stimulated with the garlic. Garlic is anti-bacterial, anti-fungal, and anti-viral, so anything that may be causing the sore throat the garlic, along with the cayenne and the honey coating the area, will take care of the problem.

How long does it take to get over strep throat with the standard medical procedure? 10 days. This herbal remedy will generally get you over strep throat in 24 hours.

Let's look at another thing – the doctor who wrote the book, "Don't Drink Your Milk" (Frank Oski, M.D.) observed through his case studies that his patients who drank milk were the ones who got strep consistently, while his non-milk drinking patients did not get strep, so milk is certainly a factor in strep throat.

Garlic, cayenne, honey – another safe and effective herbal remedy with no side effects. You know it is going to work, and it's going to work nine days faster than the standard medical procedure.

(Note on the honey – it needs to be pure honey. Most beekeepers feed their bees sugar, which weakens the bee's immune system, so they get mites coming into the hives. To prevent mites from coming into the hives they give them antibiotics, further weakening the immune system of the bees. Find local honey where the beekeeper doesn't feed the bees sugar and doesn't give them antibiotics. You can often find good results if you check with your local health food store.)