

## HOME REMEDIES

# Natural ways to treat tonsillitis

If you do not treat tonsillitis in the initial stages, you will not be able to swallow anything, talk or turn your neck. Dr Asaba Gerald of Kikuube Health centre IV in Hoima District gives the following tips.

### **Warm salty water**

Gargle with warm water. The salt will kill the infection-causing. Add one table spoon to a cup of water and gargle without swallowing. This has no limitations and can be done thrice a day.

### **Lemon**

Lemon contains Vitamin C that increases the body's resistance to disease. It also has antibacterial and anti-inflammatory components that kill bacteria. Squeeze a lemon into a cupful of water and take at least thrice a day.

### **Water**

This will reduce dryness and keep your throat hydrated helping to reduce pain.

### **Cinamon**

Because it is rich in antimicrobial properties, cinnamon inhibits the growth of bacteria and other micro-organisms in the tonsils and helps reduce swelling, pain and inflammation. Add one teaspoon of cinnamon powder to a glass of hot water and mix with two teaspoons of honey. Sip slowly while still warm three times a day.

By Zuurah Karungi

