



## HEALTH TIP

# Keeping your throat healthy

The tooth brush is one of the most neglected sources of infection. Left overnight, it can be a potential source of problem for the throat and mouth. Every morning, before brushing the teeth, soak your toothbrush in a glass of hot salt water to disinfect the toothbrush and also keep it in a clean and dry place.

According to Dr Pius Mwanja, a general practitioner at Lifelink Hospital Ntinda, if you have an itchy and sore throat, you can soothe it with a mixture of warm water, honey, ginger and

lemon. The mixture can be taken in sips throughout the day.

He says: "Dehydration is one of the commonest causes of an itchy throat. This is because the throat dries up and there is not enough mucus to lubricate and protect the sensitive tissues in the throat."

He recommends one to drink at least eight glasses of water a day or plenty of green tea. Whenever one

catches a cold, it is important to drink a lot of fluids because one loses a lot of fluids through sweat and mucus due to sneezing and blowing the nose.

"Gargle with warm salt water to help reduce soreness and itching of the throat. Dissolve one tablespoon of salt in a glass of warm water. Gargle water in the mouth and spit. Do not swallow," he instructs.

The neck is a point of heat loss in the body and wearing a scarf around it will keep the throat area warm. This will in turn protect you from developing a cough when you are in a cold place.

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**Healthy Living**

**Daily Monitor**

MONDAY, July 17, 2017

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