Conquering a Sore Throat with *Mercurius sol*

Folks, the list is as long as my arm:

Saltwater gargle
Hot tea with lemon
Honey
Lozenges
Humidifiers
Chicken soup
Popsicles
Apple cider vinegar
Cayenne pepper
Gargle with aspirin
Ibuprofen
OTC synthetic chemical throat sprays

Yep, the list of home remedies for sore throats is seemingly endless. Do they work? Perhaps. Briefly. But when one's throat is on fire, who wants to experiment?

Homeopathy – not to be confused with home remedies, as homeopathy is a medical paradigm – offers several medicines for sore throats that have been used by homeopathic practitioners for over 200 years and have been historically proven safe and effective.

So, today, let's discuss one of them that should be included in that well-stocked homeopathy kit we've been curating over the past 16 months of blog posts.

Mercurius solubilis (sometimes alternatively spelled as *solublis*) is a premier homeopathic medicine for sore throats. Now, before we go any further, I should also mention that *Mercurius vivus*, another medicine, is so close in action to *Merc sol* that they are pretty much interchangeable. So, one may choose either one with confidence.

We've discussed other medicines for sore throats, such as *Belladonna* or *Hepar sulph* and even *Merc cyn*. However, *Merc sol* (or *viv*) would be a primary consideration when the sore throat pain is considerable and *also* exhibits these certain distinguishing factors:

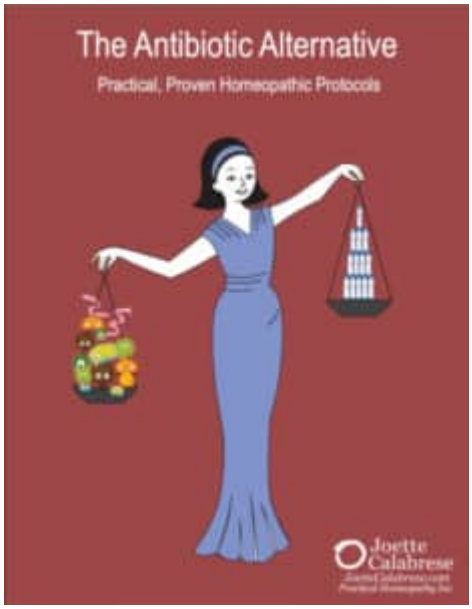
- Throat looks like pizza or macerated meat – bright red, pustular, puffy and a mess
- Bad odor in mouth
- Excessive saliva

Generally, one would employ *Merc sol* (or *Merc viv*) 30, every 3-12 hours, depending on severity. One might consider utilizing the medicine every three hours at the height of the throat pain. Then, as the symptoms decrease, one would extend the time between doses accordingly. For less severe throat pain, one might only need this medicine twice daily.

Remember, as always, homeopathic medicines are only used when medically needed for a pathology. Homeopathy is neither a supplement nor a home remedy, as is often stated haphazardly.

Homeopathy is medicine. We utilize it prudently, meaning one stops using it when the condition is very much better.

Now, my friends, a doctor might throw antibiotics at this sore throat condition. But I say no. Why risk the side effects of antibiotics when homeopathy offers a more polite solution that doesn't systemically slam the body? No one needs to fall into the downward spiral of secondary and tertiary conditions that antibiotics often cause.



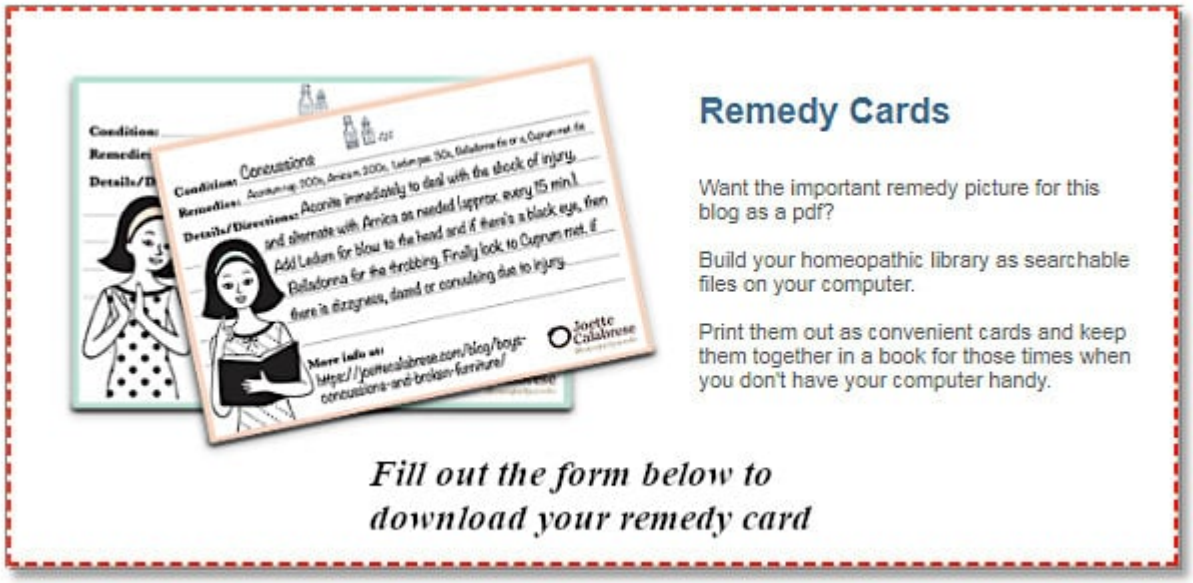
If you're ready to say "no" to the indiscriminate use of antibiotics, my course, The Antibiotic Alternative: Balance Your Bugs Without the Drugs, was designed with you in mind. Whether it be a case of sore throat, otitis media, impetigo, a urinary tract infection or a bone infection, homeopathy can address conditions with consistent, reproducible results.

In fact, download my Antibiotic Alternative infographic – for free – and receive a few practical, proven protocols pulled right from the course.

And remember – all my Mighties [(Joette's Mighty Members)] qualify for a 10% discount on course purchases.

Pass on the good news of homeopathy!

Warmly,



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