



Tea-tree oil helps against a sore throat

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If your sore throat is in the 'beginning', with just some tea-tree oil you can prevent a cold. Take approx. 20 drops of tea-tree oil with a little bit of lukewarm water and gargle everything together as long as possible.

I know it tastes awful but it really helps! Just give it a try :)

Just do this procedure 3 times a day when you feel like your getting a cold and you will see that you stay healthy and happy!

I for myself just take 10 drops right into my mouth and just add some lukewarm water and gargle.

FYI:

Tea-tree oil is against bacteria, virus and even against fungus!

And even more important: Please, NEVER swallow the oil! If it still happens never try to throw up.