

# Sore Throat



## **What is a Sore Throat?**

A sore throat is one of the most common of all medical conditions. The familiar raw feeling at the back of the throat can be accompanied by dryness and difficulty in swallowing. Usually the back of the throat looks red and sore, and a sore throat may affect the voice and cause hoarseness. A sore throat may occur on its own, but it is more likely to be one of several symptoms.

## **What causes a Sore Throat?**

The most frequent cause of a sore throat is a cold or flu. If the throat is very sore, red and swollen, the cause could be tonsillitis or pharyngitis. If there is hoarseness, this may mean that the larynx is inflamed. If there are no other symptoms of a cold or flu, and no hoarseness, but there is swelling around the jawbone towards the ears, the cause could be mumps, especially in children. If the glands in the neck are swollen the cause may be glandular fever, particularly in adolescents and young adults.

## **Symptoms**

- Dry throat
- Difficulty in swallowing
- Back of throat appears red and swollen
- Throat and neck may be tender and swollen around the jaw and ears or at the front
- Tiny glands in the neck may be swollen

## **TCM Drug Free Pain Control**

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Local laser to treat tender spots occurring in the regional anatomy
- Electro-acupuncture therapy
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drugless alternative to the pain you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient, this is why we are the only clinic offering one hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.

*masters of TCM Pty Ltd*

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