

Tonsilloliths

A few years ago when one of my children was in high school I heard a loud call for help from the other room. This child had just discovered tonsil/throat stones also known as Tonsilloliths, and was quite upset not knowing what was going on and why these "hard things" were coming from the throat area. I could always tell when this child had tonsil/throat stones because there is a distinct offensive smell which is very different than the average case of halitosis. Tonsilloliths or tonsil/throat stones are hardened concretions of mucus, bacteria and food that lodge in the pockets or crypts of the tonsils. When tonsil stones are released from the tonsil it can feel like you swallowed a small hardened piece of food. Tonsil stone symptoms include: feeling as though you have a sore throat, feeling as if something is stuck in the tonsil area, distinct, offensive and putrid breath, swollen tonsil(s), swallowing hardened concretions, and fever. Once the tonsil releases the stone(s), the throat will immediately feel better.



Tonsil stones are caused from an unclean body system and excessive mucus. This mucus in the system comes from consuming mucus forming foods such as dairy, sugar, meat, soda and processed foods. Also, we often forget that the body is a whole system, and we need to remember to check in with the emotional and spiritual aspects along with the physical. Energetically speaking, tonsil stones have much to do with not speaking up, not feeling like your voice is being heard, swallowed emotional hurts, repressed fear or anger, and not expressing your feelings.

Tonsil stones do NOT require the removal of your tonsils. This is only an indication that this area of the body needs a little TLC and cleaning up. It indicates that the tonsils are doing their job as the filter and keeping harmful bacteria from entering the body. Your tonsils are part of your immune system and an important gland that needs to remain in the body. Be thankful that you have been blessed with such an amazing set of glands. Dr. Christopher often stated that, "The tonsils are the first line of defense of the body. Their job is to control the entrance into the body of large armies of germs. They are a 'filtering system'."

The following is the protocol we used to completely eliminate the tonsil stones:

- Dr. Christopher's Infection formula
- Dr. Christopher's X-Ceptic tincture rubbed on the outside of the throat over the tonsil area
- A LOT of fresh garlic! I press the garlic cloves through a garlic press and put it in veggie caps
- Dr. Christopher's Mullein/Lobelia formula used as a fomentation on the neck and taken internally
- 1 Tablespoon honey, 1/4 - 1/2 tsp. cayenne and 2-4 cloves of garlic mixed and taken by the spoonful
- Make sure the bowels are working and flushing everything out
- Fresh fruit and vegetable juices

Additional herbal aids:

- Hydrangea root extract squirted directly on the tonsils. Whenever using dissolvent herbs a great addition to consider is marshmallow. Marshmallow helps thin out the mucus.
- Apple cider vinegar wraps on the throat
- Gargling with salt water made from real or natural salt, can also help loosen Tonsilloliths/throat stones

Keep those tonsils where God created them to be...in your throat!