

By Penny Keay

Sore throats and tonsillitis season is once again here. Although a sore throat may not be tonsillitis, tonsillitis is definitely a sore throat.



Tonsillitis can be caused by viruses or bacteria that results in swelling, pain and sometimes even little white or yellow patches of pus will develop on the tonsils. Some tonsillitis can be a strep throat (Streptococcus bacteria) but not always.

In any case, tonsillitis is painful with the swelling and inflammation. Making it difficult to swallow, eat, drink and talk.

Although tonsillitis can be acute, often times it is a sub-acute or chronic condition that will plague children and adults for years until they have them surgically removed or their immune system finally becomes strong enough for tonsillitis to become a thing of the past.

Using essential oils can of course help you build a stronger immune system

Essential oils that may help with the swelling, pain and inflammation, all of them have great germ fighting properties for bacteria and viruses, they include:

[Lavender](#), [Thyme c.t. linalool](#), [Ginger](#), [German Chamomile](#), [Roman Chamomile](#), [Niaouli](#), [Tea Tree](#), [Lemon](#), [Cypress](#), [Helichrysum](#), [Kunzea](#), [Fragonia](#), [Oregano](#), [Geranium](#), [Ravensara](#), [Ravintsara](#), [Cajeput](#), [Palmarosa](#), [Pine](#), [Myrrh](#), [Eucalyptus oils](#), [Cinnamon Leaf](#)

[Myrrh](#) especially may be helpful when mixed with warm water and used as a gargle, especially if you have mouth sores.

Valerie Ann Worwood has a tonsillitis recipe that may be very effective. As found in her book [Aromatherapy for the Healthy Child](#), she suggests you mix the following essential oils together to make a Tonsillitis Blend and then use it in a variety of ways.

Her recipe is as follows:

[Lavender](#) - 10 drops

[Tea Tree](#) - 15 drops

[Ginger](#) - 5 drops

[Lemon](#) - 2 drops.

Blend together and keep in a glass bottle.

To use add 4 drops to a bowl of warm water and soak a soft cloth that is able to be placed on the throat area. Squeeze it out well before placing on the neck/throat. Do this a couple times a day.

OR mix 5 drops with 2 teaspoons of carrier oil such as MCT oil and apply a small amount to the throat, upper chest and back.

We have found that making a mouth rinse/gargle and using that every couple of hours is wonderful for use by older children and adults but do not give or try to use mouth rinses or gargles with children under 10 or 12 years of age.

Mouth Rinse or Gargle for Sore Throats

2 -3 oz warm water

1 tablespoon Apple Cider Vinegar (Use the real thing - not distilled vinegar made to look like Apple Cider Vinegar – you will have to read the label closely)

½ teaspoon Sea Salt

[Myrrh](#) – 2 drops

[Oregano](#) -1 drop

OR

[Thyme](#) – 1 drop

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Blend together and rinse the mouth. Gargle if you can. It will feel like it is burning – especially to tender sore throats. However, after the initial mouth rinse, you should be able to gargle at least once.

I know, first hand, this treatment is uncomfortable to use, but from experience, it works great and stops many a viral illness in its tracks!

I've used this mouth rinse/gargle at the first sign of any sore throat especially during cold and flu season. I alternate each gargle recipe. One time I use Oregano, next time Thyme.

This mouth rinse should be mixed fresh each time you gargle. You could try adding a teaspoon of honey but to be honest I don't think it would make it taste any better.

Anyway, Repeat every 2 hours. This works and typically if you start at the first sign of a sore throat or tonsil inflammation you will nip it in the bud and the duration of your ailment should be greatly reduced, to a day or two rather than a week to 10 days.

Quick action when you are a frequent victim of tonsillitis will often time be the best prevention you can do.

As an addition to helping, you fend off the bacteria or virus that has attacked you or your family, diffusing [Four Robbers blend](#), [Pure Cleansing blend](#) and / or [Immunity Builder Blend](#) should help you to feel better faster.

Diffuse in any room you are in and especially for an hour before you head off to bed. You don't need to diffuse it continually in your bedroom. Just for an hour prior to bedtime so it can penetrate the air you will be breathing while you sleep.

Hope you feel better real soon if you are under the weather due to tonsillitis.