

Sage Tea Gargle

Sage is a miracle plant with many medicinal properties. One of its lesser known talents is to soothe a sore throat. Simply drinking a cup of Sage tea can soothe an irritated throat, a common tool used by clergy and singers.

You can increase its medicinal activity against viruses and fungi by gargling it before swallowing. Gargling helps to move lymph from sore and swollen lymph nodes.

This humble kitchen herb is perfect for those affected by mold who are prone to sore throats and swollen lymph nodes, especially when the seasons change.

SUPPLIES

Tea strainer

Tea pot or tea cup

Plate or lid

INGREDIENTS

1 cup boiling water

1 tablespoon packed chopped/torn fresh Sage, or

1 teaspoon dried Sage, or

3/4 teaspoon powdered Sage

DIRECTIONS

1. Fill tea strainer with Sage.
2. Fill tea pot or tea cup with boiling water.
3. Place tea strainer filled with Sage in boiling water and cover with a plate or lid.
4. Steep for five to ten minutes.
5. Remove tea strainer from cup.
6. Cool tea to a comfortable temperature to gargle/drink.
7. Gargle with tea for 5-10 seconds and then swallow tea. Repeat until you have gargled and swallowed the entire cup of tea.

Repeat as needed.

Check out the [How To video](#) on my website [DrCrista.com](#).

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