

# Salt Water Gargle For Sore Throat

1



Add teaspoon of salt in 1 cup of warm water.

2



Stir well until the salt dissolves completely in water.

3



Pour some of this water in your mouth and gargle for 30-45 seconds.

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4



Be sure to hold your head backwards.

5



Do not swallow the mix and spit the water out after gargling.

6



Continue the process at least 4 times a day for 2-3 days for sore throat relief.

For more info:  
[algonquincollege.com/healthservices](http://algonquincollege.com/healthservices)