



Laryngitis Symptoms Could Potentially Be Reduced with Miracle Spice Turmeric

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Orlando, FL ? June 8, 2016 - Today, more and more people are turning to the use of turmeric to increase their immunity against a range of conditions. There are also those who use the ancient, medicinal spice to fight a variety of conditions, especially those associated with inflammation.

Turmeric could be useful as a natural remedy for laryngitis. This condition is characterized by an inflammation of the larynx or the voice box. It is typically caused by colds, upper respiratory infection, and overuse of the voice box such as shouting, singing, or talking. Natural Herbs and Remedies journalist explains that "turmeric has unique kind of medicinal properties to take care of laryngitis. It contains anti inflammatory as well as antibacterial properties."

The larynx or the voice box allows humans to shout, whisper, speak, talk, and sing. When it is inflamed, it can cause sufferers to lose the quality of their voice, or the voice itself. Laryngitis from GERD can cause complications such as vocal cord paralysis and pneumonia chronic bronchitis.

When compared to normal sore throat, laryngitis is a severe kind of problem. It doesn't just affect the voice,

but also cause painful symptoms. Dr Andrew Weil backed up this report of turmeric potentially soothing the symptoms of laryngitis. ?In addition to its use as a culinary spice, turmeric has been used traditionally in India as a disinfectant and treatment for laryngitis, bronchitis, and diabetes,? explained Dr Weil in a recent Q and A forum.

Laryngitis can also be caused by smoking, chronic irritation of the vocal cords, exposure to polluted air, and gastroesophageal reflux. When it is caused by an infection, it can be contagious.

Individuals who suffer from this condition typically experience loss of voice, hoarseness, and throat pain. For adult sufferers, they may experience pain when swallowing, dry, sore throat, and feeling of fullness in the neck or throat.

When laryngitis is caused by infection, there are additional symptoms such as swollen lymph nodes and fever. Infants with laryngitis often experience hoarse barking cough, croup, and fever. Chronic laryngitis can cause symptoms that last for weeks.

When laryngitis causes chronic inflammation, it can result in the formation of nodules on the vocal cords. There are certain treatments for laryngitis such as humidified air, voice rest, and certain home remedies.

Turmeric is an old, medicinal spice believed to offer a range of health benefits. It has been used in traditional Chinese and Ayurvedic medicine for fighting a range of conditions. It is even believed to be helpful in reducing the risk of various diseases.

Curcumin is believed to be responsible for the healing effects of turmeric. Curcumin is a phytochemical that contains a variety of healing substances. Some of these therapeutic ingredients are antioxidant, antibacterial, anti-inflammatory, anti-septic, and anti-carcinogenic properties.

The antibacterial and anti-inflammatory properties of turmeric are thought to help fight the condition. Turmeric powder can be combined with hot milk. The turmeric milk can then be consumed before bedtime ([amazon.com/Turmeric-Curcumin-C3-BioPerine-Capsule/dp/B0166KAW8M/](https://www.amazon.com/Turmeric-Curcumin-C3-BioPerine-Capsule/dp/B0166KAW8M/)).

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