



TONSILLITIS

Inflammation or infection of the tonsils, the immune glands at the back of the throat, causing soreness, swelling, and difficulty swallowing.



Possible Contributing Factors



Weakened immunity and microbial imbalance:

- Gut dysbiosis with bacterial (strep, staph) or viral overgrowth (EBV, CMV, adenovirus, influenza)
- Nutrient deficiencies (vitamins D, A, C, zinc, magnesium)
- Low stomach acid or silent reflux
- Chronic stress or poor sleep

Inflammatory and environmental triggers:

- Food sensitivities (dairy, gluten, sugar)
- Exposure to toxins: air pollutants, mold, heavy metals, EMFs, allergens
- High-sugar or processed-food diet

Structural and drainage issues:

- Chronic mouth breathing or snoring
- Poor lymphatic flow from dehydration, lack of movement, or toxin buildup
- Sinus congestion or dental infections (abscesses, root canals, wisdom teeth)

Lifestyle & Dietary Recommendations



- Follow a whole-food VPF diet with quality proteins, vegetables, and healthy fats
- Avoid sugar, alcohol, refined flours, and processed/fried foods to reduce inflammation & overgrowths
- Remove most common food sensitivities (gluten, dairy) for 30 days, then reintroduce one at a time. Consider elimination challenge with eggs, nuts, corn, soy, peas, and yeast if symptoms persist. Consider KBMO test.
- Stay hydrated with mineral-rich water and warm herbal teas (honey, thyme, or marshmallow root)
- Include immune-supportive foods: garlic, onion, ginger, lemon, parsley, cruciferous vegetables
- Add probiotic-rich foods (if tolerated) to restore healthy bacteria
- Support lymph flow and breathing with daily movement, nasal breathing, and clearing congestion
- Maintain oral hygiene with tongue scraping, oil pulling, and saltwater gargles (avoid commercial mouthwash)
- Prioritize rest, clean air, and stress relief through good sleep, Ultra HEPA air purification, and calming daily practices (grounding, nature, deep breathing).

Supplement Considerations



- Immune Support: Vitamin C, Vitamin D3 + K2, Zinc, and Vitamin A (cod liver oil or retinyl form), Echinacea, Andrographis, Elderberry, Olive Leaf Extract
- NAC (to thin mucus and boost glutathione)
- Probiotics (Streptococcus salivarius BLIS K12 strain for recurrent strep)
- Magnesium (to calm inflammation and support lymph flow)
- Quercetin + Bromelain (to reduce swelling and histamine response)
- Hydrosol Silver or Propolis Throat Spray (short-term use)