Fast Tonsil Stones Cure

Permanently Cure Tonsil Stones without Surgery in Only 3 Days or Less!

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Introduction

The purpose of this e-book is to help those suffering from tonsil stones, or tonsilloliths, overcome the condition.

I created this e-book to share what I’ve learned and the exact steps I used to overcome my own battle with tonsil stones. This e-book will provide you with fast yet effective methods for removing tonsil stones naturally without the need for surgery. You will also learn how to prevent tonsil stones from ever coming back again.

I’ve tried to break everything down in a simple step-by-step manner so that you can successfully duplicate the techniques I used to beat tonsil stones.

So let’s get started by first getting a little background lesson on the tonsils...
What are Tonsils?

As you can see from the picture below, the tonsils are two small masses of tissue (known as lymphoid tissue) located on each side of the root of the pharynx (throat).

![Diagram of mouth showing tonsils, uvula, and tongue]

The tonsils are a very irregular shape, although they look smooth in pictures. The tonsils have pockets, known as “tonsil crypts”, or simply “crypts”. These pockets act as a sort of net that catches bacteria and particles that try to enter our bodies via the mouth. The tonsils are basically the first line of defense against ingested bacteria, viruses and other dangerous microorganisms.

With this said, it’s important to note that there is still some debate as to how crucial the tonsils are to the body’s immune system. Many doctors believe that the tonsils don’t do a very good job in what they’re designed to do, and this is why some doctors still recommend that their patients with tonsilloliths get a tonsillectomy (surgery that removes the tonsils), as a way to cure tonsil stones.

If a patient does get his/her tonsils removed he/she normally doesn’t notice any difference inside the mouth. It’s not like you would feel as if something was missing. Getting a tonsillectomy is expensive and the recovery period is
not pleasant at all! You should be prepared to miss approximately two weeks from work.

Removing the tonsils all together does have a high success rate; however, many doctors nowadays refrain from this because the tonsil tissue is irreplaceable and can weaken the patient’s immunity.

Remember, tonsil stones are not dangerous, but weakening your immune system surely is.
What are Tonsil Stones & How are They Formed?

Tonsil stones are white or dull yellow looking balls, which are formed through the hardening, and calcification, of bacteria, food, mucus, and/or debris inside the crypts of the tonsils.

Again, the tonsil crypts are pockets, or you can think of them as small empty spaces within the structure of the tonsils. Bacteria, viruses, etcetera accumulate in there. If there is an infection in the crypts that tries to invade the tonsil tissue, tonsil stones are created.

The key thing to remember is that tonsil stones only form when there is an infection inside a tonsil crypt. When there’s an infection, the body naturally tries to fight it. The white blood cells try to kill the germs. Also, the body produces calcium around the accumulation within the crypts to seal off the infection; thus, the creation of tonsil stones.

Post nasal drip, or allergic rhinitis, can also cultivate tonsil stones because of the excess mucus they produce that comes down to a person’s tonsils.
The Symptoms of Tonsil Stones

Those with small tonsil stones may not have any noticeable or adverse symptoms. Small tonsil stones are not easily detected by doctors. Even large tonsil stones can remain undetected by many physicians. Often, tonsil stones are detected accidentally in CT scans or X-rays.

The larger the stones, the more prevalent are the symptoms.

Here are the symptoms of tonsil stones:

Symptom #1

White/Yellowish Stones in the Back of Your Throat

If you can visibly see whitish/yellowish stones in the back of your throat like this:

![Image of tonsil stones](image)

that’s a pretty clear indication you have tonsil stones.

Symptom #2

Halitosis (aka “Bad Breath”)
This is probably one of the worst symptoms of tonsil stones. The composition of the tonsil stones is what results in the bad breath. The tonsil stones are a mixture of calcified dead cells, post nasal drip and sulfur compounds that is quite potent.

**Symptom #3**

**Metallic Tastes in Mouth**

The make up of the tonsil stones may result in a metallic taste in one’s saliva.

**Symptom #4**

**Throat Pain**

It’s not uncommon for the tonsil stone to cause pain and irritation around the area in which the tonsil stone is lodged. Keep in mind that this is probably not the best symptom to base whether or not you have tonsil stones because pain can also arise from the infection of your throat due to tonsillitis (an infection caused by the bacteria streptococcus). So based on this symptom alone, you will not know of you have tonsil stones or tonsillitis.

**Symptom #5**

**Ear Pain**

The interconnection of nerves between the tonsil, neck and ear can result in ear pain.
Symptom #6

Frequent Coughing
If the tonsil stones are big enough to irritate the top area of the throat this tends to naturally cause people to try to cough to try to get rid of the “foreign” substance that is causing the sensation.

Symptom #7

Difficulty Swallowing
Big tonsil stones can rub against the throat causing friction, making it difficult to swallow or drink liquids. Some people even have trouble breathing.

Symptom #8

Swelling of the Tonsils
When you have tonsil stones, the tonsil stones themselves could cause the tonsil to swell. If there is a serious infection, that could cause inflammation and tonsil swelling as well.
Step-by-Step Guide for Removing Your Tonsil Stones

So next I’m going to share with you the absolute best way to remove your tonsil stones. This method is extremely effective, fast and cheap. You can do it at the comfort of your own home and you don’t need to get surgery.

You always want to refrain from getting a tonsillectomy (surgery to remove your tonsils) to cure to your tonsil stones, because as mentioned earlier, removing your tonsils can decrease your immune system’s ability to do its job.

This method I’m going to show you is also painless!

Removal Method #1

You may have heard of the cotton swab technique, but the problem with the way most people do it is they end up gagging all the time. It’s also extremely tricky to do the method on your own. On top of all that, you can run the risk of getting an infection if you are too rough.

I’m going to show you how to do this technique without gagging, and in a painless and safe manner.

So let’s get to it...

First, you will need to get the following:

- an assistant (friend, spouse, mom, dad, roommate, etc)
- cotton swab(s)
- flashlight
- oxygenating mouthwash (I recommend Dr. Katz TheraBreath Oral Rinse)
Now that you got everything you need. Let’s get to the exact step-by-step method for removing your tonsil stones:

**Step 1: Prevent Gag Reflex**

I have found a really easy and simple way to prevent a gag reflex when removing your tonsil stones with this method, here it is.

First, take your left thumb and place it across your left palm. Like this:
The second thing you need to do is fold your four fingers overtop of the thumb like this, and squeeze:

Here’s another angle of it:
That’s it! Just maintain this for the entire duration of the tonsil stone removal process. As stupid as this sounds, this weird trick is all you need to prevent yourself from gagging. I told you this was simple!

**Step 2: Tilt Your Head Slightly Up**

You want to tilt your head slightly up, your assistant is going to need to adjust him or herself to be able to see the tonsil stone better if needed. You don’t want to tilt you head straight up to the ceiling because once the tonsil stones is comes out you don’t want to choke.

**Step 3: Get Your Assistant to Moisten the Cotton Swab**

Get your assistant to moisten a cotton swab, but not to the point where it’s dripping wet.

**Step 4: Get Your Assistant Look Around Your Mouth With Flashlight**

Before your assistant starts trying to get the tonsil stone out, it important that he/she understands the layout of the mouth and what he or she is looking for.

Get your assistant to study and compare the following photos (I put them both on the next page so that it’s easier for you to analyze them simultaneously).

The first photo is the layout of the mouth. The second photo is an actual mouth with a tonsil stone stuck in a tonsil crypt.
Next, it’s important for the assistant to understand a little bit about the tonsil crypts.

As stated earlier, the tonsil crypts are the pockets in the tonsils that traps bacteria and other nasty microorganisms, and prevent these microorganisms from entering our bodies through our mouth.

Here’s the side view of a tonsil pocket (tonsil crypt). Remember the shape of the tonsils are irregular.

![Tonsil stones usually get stuck here](image)

**Step 5: Take the Tonsil Stones Out**

So open your mouth wide, and get your assistant to push the tonsil stone out. As the assistant, be sure you don’t push the tonsil stone further inside the crypt, instead you want to sweep the tonsil crypt starting from the bottom of the tonsil crypt and sweeping gently towards the opening of the crypt.
Step 6: Spit Out the Tonsil Stone

Once your assistant dislodges the tonsil stone, spit it out. Don’t swallow it.

Step 7: Rinse Mouth with Oxygenating Mouthwash

To prevent any infection to the area, you need to rinse your mouth with oxygenating mouthwash immediately!

Keep rinsing your mouth with the oxygenating mouthwash for 3-5 minutes.

I highly recommend you use this one, Dr. Katz TheraBreath Oral Rinse.

Removal Method #2

This is a variation of method #1. Instead of using a cotton swab, you or your assistant could try using an oral irrigator device. An oral irrigator is normally used to clean your teeth. What you do is you basically attach the irrigator to any bathroom faucet.

Here’s a picture of a really good oral irrigator by a company called QuickBreeze.
Use the lowest setting on the irrigator when using it to dislodge your tonsil stones. You will need to use the clenched fist technique I showed you earlier to prevent yourself from gagging.
How to Prevent Tonsil Stones from Recurring

Now that tonsil stones are out, we need to make sure they don’t ever come back! In order to prevent them from coming back you need to understand why they show up in the first place. If you remember earlier in the e-book I mentioned that tonsil stones are made up of bacteria. This is one of the major causes of tonsil stones. All tonsil stones are the result of an infection. So in order to prevent tonsil stones, we need to make sure that we don’t allow bacteria in our mouth to do its thing.

There are various ways to do this, and that’s what we’re going to get to now.

**Prevention #1**

This prevention method is the single most powerful method for preventing tonsil stones. If you just follow one tip in this e-book, follow this one. This prevention tip works for the large majority of tonsil stones suffers.

So what’s the single most important tip to preventing tonsil stones?

**Cut dairy from your diet.** This includes cow milk, goat milk, sheep milk, cheese and yogurt.

I was a dairy lover all my life, but now I don’t miss dairy at all. In my cereals I now use almond milk, instead of diary milk, and I love it. I now prefer the taste of almond milk way more than dairy milk.

Here’s the almond milk I drink everyday...
Over time I really started to realize how heavy and yucky milk makes me feel compared to almond milk. Since cutting dairy, I don’t get the thick mucus in my throat anymore.

I recommend you don’t have any dairy for a whole month and see what happens. You’ll be surprised when you look in your mouth and don’t see any more tonsil stones!

It’s that simple, it’s that effective. Do it.

Now you’re probably wondering why is it that cutting dairy out your diet prevents tonsil stones and bad breath in the first place?

Good question.
There are a number of possible reasons as to why cutting dairy prevents tonsil stones.

First, it’s likely that your body is lactose intolerant, 7 out of 10 adults in this world are! This means the body is not able to metabolize the sugar in dairy because the required enzyme “lactase” is lacking in the body. So what ends up happening is that the calcium particles get stored in other areas of the body including the tonsils and nostrils.

Over time the calcium clumps together in the throat of a lactose intolerant person and begins to rot. This is why you get the bad breath.

Also, the calcium builds up in the soft tissues of the throat and hardens. Viola…tonsil stones.

The no dairy tonsil stone prevention method is the mainstay of your tonsil stone prevention program. We will now look at additional things you can do in conjunction with cutting dairy from your diet.

**Prevention #2**

**Cut Down on Acidic Foods**

Bacteria in the tonsil crypts are what cause all the tonsil stone problems. So you want your diet to be anti-bacteria. To do this, you need to cut back on consuming acidic foods and liquids.

Bacteria and many MANY diseases thrive in acidic environments. So you want to consume less acidic foods and liquids and consume more alkaline foods and liquids.

Every single food and liquid has a pH level. High pH levels are alkaline (base), and low pH levels are acidic.

To get you started, here’s a list of some of the most acidic foods and drinks that you want to say cut back on.

Highly Acidic Foods/Liquids
- coffee
- high sugar content foods and liquids (sugar=acid)
- beer
- pop
- tobacco
- candy
- dairy milk
- rice
- animal meat

Here’s list of alkaline foods and drinks that you want to try to consume more of...

Alkaline Foods/Liquids
- alkaline water
- vegetables (especially avocado, cucumber, and celery)
- lemon water
- 1 tsp of baking soda + water
- soy lecithin
- soy nuts
- stevia
- onion
- garlic
- the least acidic sources of protein are why protein, hemp protein, pea protein, and soya protein.
- the least acidic sources of carbohydrates are millet, buckwheat groats, spelt and quinoa.
Prevention #3

Drink Lots of Water

Drinking lots of water, better yet alkaline water, is one of the most absolutely best things you can do for your health, period. High quality water prevents a myriad of cancers and diseases including breast cancer, colon cancer, obesity, urinary stone disease and much more, but this is obviously way beyond the scope of this e-book.

Water as it relates to tonsil stones prevention has to do with the fact that bacteria is “anaerobic”, meaning that they live without the presence of oxygen. On the flip side, they can’t live when oxygen is present.

Think of it this way, humans die without oxygen, and bacteria dies with oxygen.

Water is one-third oxygen, so drinking lots of water exposes the bacteria to more oxygen and kills them out.

Drink water will help with the tonsil stones, and the bad breath.

Prevention #4

Magnesium Capsules

Daily supplementation of magnesium will help spread out the excess calcium throughout the body and prevents the calcium clumping together around the tonsils.

Another added benefit of magnesium is that it’s quite alkaline, which raises the pH of your body.
**Prevention #5**

**Oil Pulling**

Holistic practitioners claim that oil pulling cleanses the body, and removes toxins. It is believed that oil pulling can also get rid of the bacteria in your mouth.

If you want to try this remedy for yourself, follow the following instructions first thing in the morning before you brush your teeth, eat or drink.

**Oil Pulling Instructions:**

Step 1: Pure one tablespoon of sunflower oil or sesame oil

Step 2: Swish the oil in your mouth in a relaxed manner for 20 minutes

Step 3: Spit out oil

Step 4: Rinse mouth with warm salt water

**Prevention #6**

**Peppermint Extract**

Some tonsil stone sufferers have found peppermint extract capsules to be beneficial in facilitating the break down of tonsil stones. You can find peppermint extract in health food stores.
Gargling Solutions for Tonsil Stones

The gargling solutions below will help kill bacteria in the mouth and around the tonsils. You want to gargle the solution every day for 3 minutes.

1. **Hot Saline Solution.** Eases the pain and swelling inside the throat. Gargle the solution until experience pain relief.

2. **Colloidal Silver.** May provide tonsil relief, as well as decrease the size of the tonsil stones. Gargle solution 1-2 times per day.

3. **Alcohol-Free Oxygenating Mouthwash.** This helps eliminate bacteria in the mouth and bad breath. I highly recommend you get Dr. Katz TheraBreath Oral Rinse.

4. **Alum Salt.** Mix saline water with a little bit of alum salt and gargle.
Oral Hygiene

By now we understand the importance of limiting the amount of bacteria in the mouth. Naturally, good oral hygiene plays a big role in keeping the mouth clean.

**Great Oral Hygiene Habits**

- Brush your teeth after *each* meal.
- Use a tongue scraper daily to remove bacteria the rests on the tongue.
- Gargle any of the solutions mentioned in the previous section for at least three minutes every day.
- Floss your teeth every night before bed.
Conclusion

We have identified exactly what tonsil stones are and why it does what it does.

More importantly, have been provide with the most potent method out there for curing your tonsil stones permanently. All you have to do now is implement what you learned in this e-book.

Tonsil stones are very treatable and the great thing is that by implementing many of the prevention techniques found in the e-book you will be improving your body’s health at the same time.

If you don’t have your health, then you have nothing.

I wish you the very best in your life.