

HOW TO GET RID OF A TICKLY COUGH

HOW TO GET RID OF A TICKLY COUGH: EFFECTIVE REMEDIES AND TIPS

HOW TO GET RID OF A TICKLY COUGH IS A QUESTION MANY OF US ASK WHEN THAT PERSISTENT, IRRITATING SENSATION IN THE THROAT JUST WON'T GO AWAY. A TICKLY COUGH CAN BE MORE THAN JUST A MINOR ANNOYANCE; IT CAN DISRUPT SLEEP, AFFECT DAILY ACTIVITIES, AND EVEN LEAD TO FURTHER THROAT IRRITATION IF LEFT UNTREATED. UNDERSTANDING THE CAUSES AND EXPLORING NATURAL AND MEDICAL REMEDIES CAN HELP YOU FIND RELIEF FASTER AND GET BACK TO FEELING COMFORTABLE.

UNDERSTANDING THE CAUSES OF A TICKLY COUGH

BEFORE DIVING INTO HOW TO GET RID OF A TICKLY COUGH, IT'S IMPORTANT TO UNDERSTAND WHY IT HAPPENS. A TICKLY COUGH OFTEN ARISES FROM IRRITATION OR INFLAMMATION IN THE THROAT OR UPPER AIRWAYS. THIS IRRITATION TRIGGERS THE BODY'S NATURAL DEFENSE MECHANISM—A COUGH—TO CLEAR THE THROAT AND AIR PASSAGES.

COMMON TRIGGERS BEHIND A TICKLY COUGH

- **ALLERGIES:** POLLEN, DUST MITES, PET DANDER, OR MOLD CAN IRRITATE YOUR THROAT, CAUSING A TICKLY SENSATION.
- **DRY AIR:** ESPECIALLY IN WINTER, DRY INDOOR AIR CAN DRY OUT MUCOUS MEMBRANES, LEADING TO THROAT IRRITATION.
- **POSTNASAL DRIP:** MUCUS DRIPPING DOWN THE BACK OF THE THROAT DUE TO SINUS INFECTIONS OR COLDS CAN CAUSE PERSISTENT TICKLING.
- **VIRAL INFECTIONS:** THE COMMON COLD OR FLU CAN INFLAME THE THROAT LINING, RESULTING IN THAT NAGGING COUGH.
- **IRRITANTS:** SMOKE, POLLUTION, STRONG PERFUMES, OR CHEMICAL FUMES CAN PROVOKE A TICKLY COUGH.

IDENTIFYING THE UNDERLYING CAUSE CAN GUIDE YOU TOWARD THE MOST EFFECTIVE REMEDIES AND HELP PREVENT FUTURE FLARE-UPS.

NATURAL WAYS TO SOOTHE AND STOP A TICKLY COUGH

MANY PEOPLE PREFER TO START WITH NATURAL REMEDIES BEFORE TURNING TO MEDICATION. THESE SIMPLE SOLUTIONS CAN EASE THROAT IRRITATION AND CALM THE COUGH REFLEX.

HYDRATION: THE FIRST STEP TO RELIEF

KEEPING YOUR THROAT MOIST IS KEY WHEN DEALING WITH A TICKLY COUGH. DRINKING PLENTY OF FLUIDS HELPS THIN MUCUS AND SOOTHES DRYNESS.

- **WARM WATER:** SIPPING WARM WATER THROUGHOUT THE DAY CAN ALLEVIATE IRRITATION.
- **HERBAL TEAS:** CHAMOMILE, PEPPERMINT, OR GINGER TEA NOT ONLY HYDRATE BUT ALSO HAVE NATURAL ANTI-INFLAMMATORY PROPERTIES.

- **BROTHS AND SOUPS:** THESE PROVIDE NOURISHMENT AND HYDRATION SIMULTANEOUSLY, MAKING THEM EXCELLENT CHOICES WHEN FEELING UNDER THE WEATHER.

HONEY: NATURE'S SOOTHING AGENT

HONEY IS A TIME-TESTED REMEDY FOR COUGHS AND SORE THROATS. ITS THICK, STICKY TEXTURE COATS THE THROAT, REDUCING IRRITATION AND SUPPRESSING THE COUGH REFLEX.

TRY MIXING A TEASPOON OF HONEY INTO WARM WATER OR HERBAL TEA SEVERAL TIMES A DAY. HOWEVER, AVOID GIVING HONEY TO CHILDREN UNDER ONE YEAR OLD DUE TO THE RISK OF BOTULISM.

STEAM INHALATION AND HUMIDIFIERS

DRY AIR OFTEN WORSENS A TICKLY COUGH BY DRYING OUT MUCOUS MEMBRANES. INTRODUCING MOISTURE INTO THE AIR CAN SOOTHE YOUR THROAT AND REDUCE COUGHING.

- **STEAM INHALATION:** BOIL WATER, POUR IT INTO A BOWL, AND CAREFULLY INHALE THE STEAM WITH A TOWEL DRAPED OVER YOUR HEAD. THIS CAN LOOSEN MUCUS AND RELIEVE IRRITATION.
- **USE A HUMIDIFIER:** RUNNING A HUMIDIFIER IN YOUR BEDROOM AT NIGHT CAN MAINTAIN OPTIMAL HUMIDITY LEVELS, PREVENTING DRY THROAT AND COUGH.

OVER-THE-COUNTER TREATMENTS AND WHEN TO USE THEM

SOMETIMES, A TICKLY COUGH NEEDS A LITTLE EXTRA HELP FROM OVER-THE-COUNTER (OTC) PRODUCTS. KNOWING WHICH ONES TO CHOOSE CAN MAKE A BIG DIFFERENCE.

COUGH SUPPRESSANTS

IF YOUR COUGH IS DRY AND PERSISTENT, SUPPRESSANTS LIKE DEXTROMETHORPHAN CAN HELP REDUCE THE URGE TO COUGH, ESPECIALLY AT NIGHT, IMPROVING SLEEP QUALITY.

HOWEVER, SUPPRESSANTS ARE NOT RECOMMENDED IF YOUR COUGH PRODUCES MUCUS, AS COUGHING HELPS CLEAR THE AIRWAYS.

LOZENGES AND THROAT SPRAYS

SUCKING ON THROAT LOZENGES OR USING THROAT SPRAYS CAN PROVIDE IMMEDIATE RELIEF BY NUMBING THE IRRITATED AREA AND INCREASING SALIVA PRODUCTION TO KEEP THE THROAT MOIST.

LOOK FOR PRODUCTS CONTAINING INGREDIENTS LIKE MENTHOL, EUCALYPTUS, OR HONEY FOR SOOTHING EFFECTS.

ANTI-INFLAMMATORY MEDICATIONS

NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAIDS) LIKE IBUPROFEN CAN REDUCE THROAT INFLAMMATION, EASING THE TICKLY SENSATION AND DISCOMFORT.

BE SURE TO FOLLOW THE DOSAGE INSTRUCTIONS AND CONSULT A HEALTHCARE PROFESSIONAL IF YOU HAVE ANY UNDERLYING HEALTH CONDITIONS.

LIFESTYLE ADJUSTMENTS TO PREVENT A TICKLY COUGH

ONCE YOU KNOW HOW TO GET RID OF A TICKLY COUGH, PREVENTING ITS RETURN BECOMES THE NEXT GOAL. SIMPLE LIFESTYLE CHANGES CAN REDUCE EXPOSURE TO IRRITANTS AND STRENGTHEN YOUR RESPIRATORY HEALTH.

MAINTAIN GOOD INDOOR AIR QUALITY

REGULARLY CLEANING YOUR LIVING SPACE, USING AIR PURIFIERS, AND AVOIDING SMOKING INDOORS CAN DRASTICALLY REDUCE AIRBORNE IRRITANTS THAT TRIGGER COUGHING.

STAY HYDRATED AND PRACTICE GOOD HYGIENE

DRINKING ENOUGH WATER DAILY KEEPS YOUR MUCOUS MEMBRANES HEALTHY. ADDITIONALLY, WASHING YOUR HANDS FREQUENTLY AND AVOIDING CLOSE CONTACT WITH SICK INDIVIDUALS HELPS REDUCE INFECTIONS THAT CAUSE COUGHS.

AVOID ALLERGENS AND IRRITANTS

IF ALLERGIES ARE A KNOWN CAUSE, CONSIDER ALLERGY-PROOFING YOUR HOME BY USING DUST-MITE-PROOF COVERS, WASHING BEDDING REGULARLY, AND KEEPING PETS OUT OF BEDROOMS.

MANAGE ACID REFLUX

SOMETIMES, ACID REFLUX CAN IRRITATE THE THROAT, CAUSING A TICKLY COUGH. EATING SMALLER MEALS, AVOIDING SPICY OR ACIDIC FOODS, AND NOT LYING DOWN IMMEDIATELY AFTER EATING CAN HELP REDUCE REFLUX SYMPTOMS.

WHEN TO SEE A DOCTOR ABOUT A TICKLY COUGH

WHILE MOST TICKLY COUGHS ARE HARMLESS AND RESOLVE WITH HOME CARE, CERTAIN SIGNS WARRANT PROFESSIONAL MEDICAL EVALUATION.

PERSISTENT OR WORSENING SYMPTOMS

IF YOUR TICKLY COUGH LASTS MORE THAN THREE WEEKS, WORSENS OVER TIME, OR IS ACCOMPANIED BY OTHER SYMPTOMS SUCH AS FEVER, SHORTNESS OF BREATH, CHEST PAIN, OR COUGHING UP BLOOD, SEEK MEDICAL ADVICE PROMPTLY.

UNDERLYING HEALTH ISSUES

PEOPLE WITH ASTHMA, CHRONIC BRONCHITIS, OR OTHER RESPIRATORY CONDITIONS SHOULD CONSULT THEIR HEALTHCARE PROVIDER WHEN EXPERIENCING A TICKLY COUGH, AS IT COULD SIGNAL AN EXACERBATION OF THEIR DISEASE.

SUSPECTED INFECTIONS

IF YOUR COUGH IS DUE TO BACTERIAL INFECTIONS LIKE PERTUSSIS OR PNEUMONIA, ANTIBIOTICS AND TARGETED TREATMENT MAY BE NECESSARY.

DEALING WITH A TICKLY COUGH CAN BE FRUSTRATING, BUT UNDERSTANDING WHAT TRIGGERS IT AND HOW TO SOOTHE YOUR THROAT CAN MAKE A SIGNIFICANT DIFFERENCE. SIMPLE REMEDIES LIKE STAYING HYDRATED, USING HONEY, AND MAINTAINING HUMID AIR OFTEN WORK WONDERS. WHEN NEEDED, OVER-THE-COUNTER TREATMENTS CAN PROVIDE ADDITIONAL RELIEF, BUT ALWAYS REMEMBER TO LISTEN TO YOUR BODY AND SEEK PROFESSIONAL ADVICE IF SYMPTOMS PERSIST OR WORSEN. WITH THE RIGHT APPROACH, YOU CAN QUIET THAT TICKLY COUGH AND BREATHE EASIER IN NO TIME.

FREQUENTLY ASKED QUESTIONS

WHAT IS A TICKLY COUGH AND WHAT CAUSES IT?

A TICKLY COUGH IS A DRY, IRRITATING COUGH THAT CAUSES A TICKLING SENSATION IN THE THROAT. IT IS OFTEN CAUSED BY POST-NASAL DRIP, ALLERGIES, VIRAL INFECTIONS, OR THROAT IRRITATION.

HOW CAN I RELIEVE A TICKLY COUGH AT HOME?

TO RELIEVE A TICKLY COUGH AT HOME, YOU CAN TRY DRINKING WARM FLUIDS, USING HONEY AND LEMON, INHALING STEAM, USING THROAT LOZENGES, AND KEEPING HYDRATED TO SOOTHE THE THROAT.

DOES HONEY HELP GET RID OF A TICKLY COUGH?

YES, HONEY HAS NATURAL SOOTHING AND ANTIMICROBIAL PROPERTIES THAT CAN HELP REDUCE THROAT IRRITATION AND EASE A TICKLY COUGH. TAKING A SPOONFUL OF HONEY OR HONEY MIXED WITH WARM WATER OR TEA CAN BE EFFECTIVE.

WHEN SHOULD I SEE A DOCTOR FOR A TICKLY COUGH?

YOU SHOULD SEE A DOCTOR IF YOUR TICKLY COUGH PERSISTS FOR MORE THAN THREE WEEKS, IS ACCOMPANIED BY HIGH FEVER, DIFFICULTY BREATHING, CHEST PAIN, OR IF YOU COUGH UP BLOOD.

ARE OVER-THE-COUNTER COUGH MEDICINES EFFECTIVE FOR A TICKLY COUGH?

OVER-THE-COUNTER COUGH SUPPRESSANTS OR THROAT LOZENGES CAN HELP REDUCE THE URGE TO COUGH AND SOOTHE THROAT IRRITATION, BUT THEY MAY NOT TREAT THE UNDERLYING CAUSE. IT'S BEST TO USE THEM AS DIRECTED.

CAN ALLERGIES CAUSE A TICKLY COUGH?

YES, ALLERGIES CAN CAUSE POST-NASAL DRIP, WHICH OFTEN LEADS TO A TICKLY COUGH. MANAGING ALLERGIES WITH ANTIHISTAMINES OR AVOIDING TRIGGERS CAN HELP REDUCE THE COUGH.

IS STEAM INHALATION HELPFUL FOR A TICKLY COUGH?

STEAM INHALATION CAN HELP MOISTEN AND SOOTHE THE THROAT AND AIRWAYS, REDUCING THE TICKLING SENSATION AND COUGH REFLEX. INHALING STEAM FROM A BOWL OF HOT WATER OR TAKING A HOT SHOWER MAY PROVIDE RELIEF.

HOW DOES HYDRATION AFFECT A TICKLY COUGH?

STAYING WELL-HYDRATED HELPS THIN MUCUS AND KEEPS THE THROAT MOIST, WHICH CAN REDUCE IRRITATION AND THE FREQUENCY OF A TICKLY COUGH.

CAN A DRY ENVIRONMENT WORSEN A TICKLY COUGH?

YES, DRY AIR CAN IRRITATE THE THROAT AND WORSEN A TICKLY COUGH. USING A HUMIDIFIER TO ADD MOISTURE TO THE AIR CAN HELP ALLEVIATE SYMPTOMS.

ARE THERE ANY NATURAL REMEDIES BESIDES HONEY TO GET RID OF A TICKLY COUGH?

OTHER NATURAL REMEDIES INCLUDE GINGER TEA, PEPPERMINT, LICORICE ROOT, AND SLIPPERY ELM, WHICH HAVE SOOTHING PROPERTIES THAT MAY HELP REDUCE THROAT IRRITATION AND SUPPRESS A TICKLY COUGH.

ADDITIONAL RESOURCES

HOW TO GET RID OF A TICKLY COUGH: A COMPREHENSIVE GUIDE

HOW TO GET RID OF A TICKLY COUGH IS A COMMON CONCERN THAT AFFECTS MILLIONS WORLDWIDE, PARTICULARLY DURING SEASONAL CHANGES OR BOUTS OF RESPIRATORY INFECTIONS. A TICKLY COUGH, CHARACTERIZED BY AN IRRITATING SENSATION IN THE THROAT THAT TRIGGERS PERSISTENT COUGHING, CAN DISRUPT DAILY ACTIVITIES AND SLEEP, IMPACTING OVERALL WELLBEING. UNDERSTANDING THE UNDERLYING CAUSES AND EFFECTIVE REMEDIES IS ESSENTIAL FOR MANAGING THIS SYMPTOM EFFICIENTLY.

UNDERSTANDING THE NATURE OF A TICKLY COUGH

A TICKLY COUGH TYPICALLY ARISES FROM IRRITATION OR INFLAMMATION OF THE THROAT OR UPPER RESPIRATORY TRACT. UNLIKE PRODUCTIVE COUGHS THAT BRING UP MUCUS, A TICKLY COUGH IS OFTEN DRY AND PERSISTENT, DRIVEN BY A TICKLING SENSATION THAT PROVOKES THE COUGH REFLEX. IT CAN BE A SYMPTOM OF VARIOUS CONDITIONS, RANGING FROM VIRAL INFECTIONS SUCH AS THE COMMON COLD AND INFLUENZA TO ALLERGIES, ENVIRONMENTAL IRRITANTS, OR EVEN ACID REFLUX.

THE PHYSIOLOGY BEHIND THIS COUGH INVOLVES SENSORY NERVES IN THE THROAT BECOMING HYPERSENSITIVE OR INFLAMED, WHICH TRIGGERS THE COUGH REFLEX AS A PROTECTIVE MECHANISM. IDENTIFYING THE ROOT CAUSE IS CRUCIAL BECAUSE TREATMENT STRATEGIES DIFFER SIGNIFICANTLY BASED ON WHETHER THE COUGH IS CAUSED BY INFECTION, ALLERGIES, OR ENVIRONMENTAL FACTORS.

COMMON CAUSES AND THEIR IMPLICATIONS

VIRAL AND BACTERIAL INFECTIONS

UPPER RESPIRATORY TRACT INFECTIONS ARE AMONG THE MOST FREQUENT CULPRITS BEHIND A TICKLY COUGH. VIRUSES LIKE RHINOVIRUSES, CORONAVIRUSES, AND INFLUENZA CAN INFLAME THE MUCOUS MEMBRANES, LEADING TO THAT PERSISTENT TICKLE. IN MANY CASES, THE COUGH IS SELF-LIMITING AND RESOLVES AS THE INFECTION SUBSIDES. HOWEVER, BACTERIAL INFECTIONS

SUCH AS SINUSITIS OR BRONCHITIS MAY REQUIRE TARGETED ANTIBIOTIC THERAPY.

ALLERGIC REACTIONS AND ENVIRONMENTAL IRRITANTS

EXPOSURE TO ALLERGENS LIKE POLLEN, DUST MITES, OR PET DANDER CAN PROVOKE THROAT IRRITATION AND POSTNASAL DRIP, WHICH OFTEN MANIFESTS AS A TICKLY COUGH. SIMILARLY, POLLUTANTS, CIGARETTE SMOKE, AND DRY AIR CAN AGGRAVATE THE THROAT LINING, TRIGGERING THE COUGH REFLEX REPEATEDLY.

GASTROESOPHAGEAL REFLUX DISEASE (GERD)

AN OFTEN-OVERLOOKED CAUSE IS ACID REFLUX, WHERE STOMACH ACID IRRITATES THE ESOPHAGUS AND THROAT, CAUSING A CHRONIC TICKLY COUGH. THIS CONDITION MAY NOT PRESENT WITH CLASSIC HEARTBURN SYMPTOMS, MAKING DIAGNOSIS CHALLENGING.

EFFECTIVE STRATEGIES TO ALLEVIATE A TICKLY COUGH

WHEN EXPLORING HOW TO GET RID OF A TICKLY COUGH, IT IS IMPORTANT TO CONSIDER BOTH SYMPTOM RELIEF AND ADDRESSING THE UNDERLYING CAUSE. HERE ARE SOME EVIDENCE-BASED AND WIDELY RECOMMENDED APPROACHES:

HYDRATION AND HUMIDIFICATION

MAINTAINING ADEQUATE HYDRATION IS FUNDAMENTAL. DRINKING WARM FLUIDS SUCH AS HERBAL TEAS OR BROTHS SOOTHES THE THROAT AND HELPS THIN MUCUS SECRETIONS IF PRESENT. A HUMIDIFIER CAN INCREASE AMBIENT MOISTURE, PARTICULARLY IN DRY ENVIRONMENTS, WHICH HELPS REDUCE THROAT IRRITATION. STUDIES INDICATE THAT HUMIDIFIED AIR CAN DECREASE COUGH FREQUENCY BY MAINTAINING MUCOSAL INTEGRITY.

OVER-THE-COUNTER REMEDIES

COUGH SUPPRESSANTS CONTAINING DEXTROMETHORPHAN MAY PROVIDE TEMPORARY RELIEF BY INHIBITING THE COUGH REFLEX. THROAT LOZENGES WITH MILD ANESTHETIC PROPERTIES CAN NUMB THROAT NERVES, EASING THE TICKLE SENSATION. HOWEVER, THESE REMEDIES SHOULD BE USED JUDICIOUSLY, ESPECIALLY IN CHILDREN, AND ARE NOT SUITABLE WHEN PRODUCTIVE COUGHING IS NECESSARY TO CLEAR MUCUS.

NATURAL AND HOME REMEDIES

SEVERAL NATURAL REMEDIES HAVE GAINED POPULARITY FOR MANAGING A TICKLY COUGH:

- **HONEY:** RESEARCH SUPPORTS HONEY'S EFFICACY IN REDUCING COUGH FREQUENCY AND SEVERITY DUE TO ITS SOOTHING AND ANTIMICROBIAL PROPERTIES. A SPOONFUL BEFORE BEDTIME CAN HELP IMPROVE SLEEP QUALITY.
- **GINGER:** KNOWN FOR ITS ANTI-INFLAMMATORY EFFECTS, GINGER TEA CAN ALLEVIATE THROAT IRRITATION.
- **SALTWATER GARGLE:** GARGLING WARM SALT WATER CAN REDUCE THROAT INFLAMMATION AND CLEAR MUCUS.

WHILE THESE REMEDIES HAVE ANECDOTAL SUPPORT, THEY ARE GENERALLY SAFE AND MAY COMPLEMENT OTHER TREATMENTS.

ADDRESSING ALLERGIES AND ENVIRONMENTAL FACTORS

FOR COUGHS TRIGGERED BY ALLERGIES, ANTIHISTAMINES OR NASAL CORTICOSTEROIDS MAY BE PRESCRIBED TO REDUCE POSTNASAL DRIP AND THROAT IRRITATION. MINIMIZING EXPOSURE TO ALLERGENS AND IRRITANTS BY USING AIR PURIFIERS, AVOIDING SMOKE, AND KEEPING LIVING SPACES CLEAN CAN PREVENT SYMPTOM EXACERBATION.

MEDICAL INTERVENTION FOR UNDERLYING CONDITIONS

PERSISTENT TICKLY COUGHS LASTING MORE THAN THREE WEEKS WARRANT MEDICAL EVALUATION. CONDITIONS LIKE GERD MAY REQUIRE PROTON PUMP INHIBITORS OR LIFESTYLE MODIFICATIONS SUCH AS AVOIDING SPICY FOODS AND ELEVATING THE HEAD DURING SLEEP. INFECTIONS MAY NEED ANTIBIOTICS OR ANTIVIRAL MEDICATION DEPENDING ON THE CAUSE.

WHEN TO SEEK PROFESSIONAL HELP

WHILE MOST TICKLY COUGHS RESOLVE WITH CONSERVATIVE MANAGEMENT, CERTAIN SIGNS INDICATE THE NEED FOR PROMPT MEDICAL ATTENTION:

1. COUGH PERSISTING BEYOND THREE WEEKS
2. ACCOMPANYING SYMPTOMS SUCH AS HIGH FEVER, SHORTNESS OF BREATH, OR CHEST PAIN
3. PRESENCE OF BLOOD IN SPUTUM OR SIGNIFICANT WEIGHT LOSS
4. WORSENING SYMPTOMS DESPITE HOME TREATMENT

HEALTHCARE PROVIDERS MAY PERFORM DIAGNOSTIC TESTS INCLUDING CHEST X-RAYS, THROAT SWABS, OR ALLERGY TESTING TO GUIDE APPROPRIATE TREATMENT.

PREVENTIVE MEASURES TO REDUCE RECURRENCE

PREVENTING A TICKLY COUGH INVOLVES A COMBINATION OF LIFESTYLE ADJUSTMENTS AND ENVIRONMENTAL CONTROLS:

- **HAND HYGIENE:** REGULAR HANDWASHING REDUCES VIRAL TRANSMISSION.
- **VACCINATIONS:** IMMUNIZATION AGAINST INFLUENZA AND PNEUMOCOCCAL INFECTIONS LOWERS THE RISK OF RESPIRATORY ILLNESSES.
- **AVOIDING IRRITANTS:** LIMITING EXPOSURE TO SMOKE AND POLLUTANTS PROTECTS RESPIRATORY HEALTH.
- **MAINTAINING INDOOR AIR QUALITY:** USING HUMIDIFIERS AND AIR PURIFIERS SUPPORTS A HEALTHY ENVIRONMENT.

ADOPTING THESE MEASURES NOT ONLY DECREASES THE INCIDENCE OF TICKLY COUGHS BUT ALSO ENHANCES OVERALL RESPIRATORY WELL-BEING.

THE EXPERIENCE OF A PERSISTENT TICKLY COUGH CAN BE FRUSTRATING, BUT WITH A CLEAR UNDERSTANDING OF ITS CAUSES AND APPROPRIATE INTERVENTIONS, INDIVIDUALS CAN FIND RELIEF AND PREVENT RECURRENCE. INTEGRATING HYDRATION, SYMPTOM-TARGETED REMEDIES, AND, WHEN NECESSARY, MEDICAL TREATMENT OFFERS A COMPREHENSIVE APPROACH TO MANAGING THIS COMMON YET DISRUPTIVE SYMPTOM.

How To Get Rid Of A Tickly Cough

how to get rid of a tickly cough: *Alternative Medicines & Biotechnology for overall wellness*

Dr. Deepak Kumar, 2020-07-30 This book is written for the students of alternative medicines such as ayurveda, naturopathy, homeopathy, electro-homeopathy, healthcare wellness in biotechnology and the persons who want to get ideas in this area for knowledge and learning for overall wellness.

how to get rid of a tickly cough: 99 WAYS TO RID YOURSELF OF TOXIC

RELATIONSHIPS S. L. Coyne, 2016-09-03 Do you live in fear of the phone ringing? Do you lay awake at night wondering if that 'particular colleague' has been talking to the boss? Do you dread family get-togethers? Are you in a relationship that is quite literally making you sick? Do you dread every encounter with a particular person? If you answered yes to any of these, chances are that you are in a toxic relationship. There are many different types of people who can make your life a living hell so why not do something to change that? In this book you will discover 99 ways to identify these toxic individuals, deal with them and rid yourself of their influence and intrusion into your life. This book accompanies the Assertiveness Course which can be found online through Aranon Publishing

how to get rid of a tickly cough: MAYA Kadiyali M Srivatsa, 2016-07-04 What can be more frightening than watching a child, some one you love or you in pain and distress after developing unfamiliar symptoms? You don't know whether it is serious enough to rush to the hospital or seek professional help. Very often you are ridiculed for making a mountain out of a mole-hole. On the other hand, if you did not rush the patient for emergency care, you may very often be blamed for delay resulting in disastrous consequences. Dr. Maya details in an easy to understand, alphabetically arranged manner, a list of commonly seen symptoms, and what they indicate. You can also download our App, register and find information 24/7, 365 days. This is meant as a home guide to be referred by the patient or his family, to decide on the gravity of an ailment, and what needs to be done. The use of this tool will keep out from hospitals those suffering from minor illnesses, and save them time and cost of consultation and cross infections while ensuring timely care for the seriously ill.

how to get rid of a tickly cough: Healing Remedies Sourcebook C. Norman Shealy, 2025-05-01 Loaded with more than 1,000 natural remedies, The Healing Remedies Sourcebook will teach you how to naturally treat common problems, including stress, anxiety, depression, headaches, allergies, the common cold, high blood pressure, even diabetes and obesity. Based on eight therapeutic backgrounds -- Chinese herbal medicine, ayurveda, traditional folk remedies, herbalism, aromatherapy, homeopathy, flower remedies, and vitamins and minerals -- this sourcebook is comprehensive and easy-to-use. Simply look up your ailment in the extensive list and find the corresponding remedies, treatments, and answers you need. Whether you're looking for the ancient Chinese remedy for arthritis or your grandmother's solution for hiccups, this jam-packed reference book is sure to cure what ails you.

how to get rid of a tickly cough: *Dr Maya* Dr. Kadiyali M Srivatsa, 2016-04-21 21st CENTURY CRISIS THREATEN HUMANITY Humanity is now facing mortal enemies that surpasses our intelligence. A tiny microscopic enemy has ripped apart families, bankrupting nations and brought us to our knees. As the death toll mounts, our greed, over enthusiastic urge to encourage consultations, perform tests, procedures, hospitalisation and addiction to antibiotics escalate at an alarming rate. More than 95% of patients with symptoms of COVID-19, were prescribed antibiotics resulting in Superbug Pandemic in tandem, that can kill 10 million people every year by 2050. This

book was written to share information about common symptoms and provide information to reduce anxiety, wasted consultation, cross infections in hospital or clinics. Delay in consultation due to fear of infections, cost, and false assurance offered by family, friends, nurses, and chemist often result in a devastating complication and death. Dr Maya App will teach how to use three symptom combination to help differentiate well from unwell, make informed decision to go to hospital, speak, consult a doctor nurse or chemist only when necessary. The content of this book provides general information about common medical symptoms and signs. We are updating our information in Dr Maya App. Please download the App, register and empower yourself to protect your family, friends and you. You should not treat this book or our App as a substitute for medical advice offered by your doctor.

how to get rid of a tickly cough: Curing my Incurable Eczema Cara Ward, 'Sometimes the best things in life are those that were the hardest battles to fight.' In 2013, after years of watching her skin only get worse, Cara stumbled across Topical Steroid Withdrawal and changed her life. A story of one woman's battle to regain her health, both in body and mind, with surprising results. From the writer of the popular blog on TSW, and author of Just Julia and My Date with a Shaver, Curing my Incurable Eczema is a book not to be missed.

how to get rid of a tickly cough: *The Homeopathy Bible* Ambika Wauters, 2007-04 Like cures like" is a natural principle first expounded by Hippocrates, the ancient founder of medicine. Centuries later, inspired by that idea, German physician Samuel Hahnemann found that some of the very substances that cause illness could also be used as cures--a discovery that led to the holistic healing system known as homeopathy. And the procedures he developed keep growing in popularity. Those who want to understand and apply homeopathy now have a comprehensive and authoritative reference that recounts its history, explains its enlightened principles, and--best of all--includes a full A-to-Z encyclopedia of remedies. So it's simple to find safe, dependable treatments for colds, digestive ailments, skin irritation, sensory and nervous complaints, and many other diseases and conditions.

how to get rid of a tickly cough: **The Essential Guide to Vitamins, Minerals and Herbal Supplements** Sarah Brewer, 2013-07-25 A bewildering range of vitamin, mineral and herbal supplements is now widely available to us all, but information about their health benefits cannot be given on the packaging as it would constitute a health claim. In this jargon-free guide leading expert on sensible supplementation, Dr Sarah Brewer, sets out all you need to know about the main supplements, and suggests which to take for specific health problems. It includes: A-Z guide to 150 supplements for a brighter and healthier life. Clearly explains the benefits, possible side effects and contraindications. Thoroughly sets out the research evidence to back their efficacy. Recommends supplements for common problems such as IBS, chronic fatigue, recurrent candida and arthritis. Packed with clear and concise answers, this essential guide explains the use of supplements to maintain or improve your daily health.

how to get rid of a tickly cough: **Exercise Immunology** Michael Gleeson, Nicolette Bishop, Neil Walsh, 2013-06-26 Exercise immunology is an important, emerging sub-discipline within exercise physiology, concerned with the relationship between exercise, immune function and infection risk. This book offers a comprehensive, up-to-date and evidence-based introduction to exercise immunology, including the physiological and molecular mechanisms that determine immune function and the implications for health and performance in sport and everyday life. Written by a team of leading exercise physiologists, the book describes the characteristics of the immune system and how its components are organised to form an immune response. It explains the physiological basis of the relationship between stress, physical activity, immune function and infection risk, and identifies the ways in which exercise and nutrition interact with immune function in athletes and non-athletes. The book shows students how to evaluate the strengths and limitations of the evidence linking physical activity, immune system integrity and health, and explains why exercise is associated with anti-inflammatory effects that are potentially beneficial to long-term health. Every chapter includes useful features, such as clear summaries, definitions of key terms, discussions of

seminal research studies and practical guidelines for athletes on ways to minimise infection risk, with additional learning resources available on a companion website. This is an essential textbook for any course on exercise immunology or advanced exercise physiology.

how to get rid of a tickly cough: Complete Guide to Natural Home Remedies Melissa Corkhill, 2024-02-06 Complete Guide to Natural Home Remedies is a comprehensive guide including 100+ recipes and nearly 70 applications to understanding how to use herbs and oils to help the mind, body and soul. Herbal remedies include everything from teas to ointments to tonics and tinctures. They help with ailments such as bug bites and stings, food poisoning, insomnia, shingles, sore throat, acne, arthritis and so much more! Easy to follow chapters are divided by the body's primary systems including digestive, nervous, respiratory, urinary, and skin as well as sections on the remedies to help the heart and mind. With the recipes and their uses in the forefront, this book is the go-to guide for home remedies.

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