

# Tonsillitis

Tonsillitis is the inflammation of the tonsils, acute catarrhal infection, redness and swelling, the result of overworking them. Tonsils, many authorities say, are the first line of defense. Their job is to control the entrance into the body of large armies of germs--invited when the waste matters in the body accumulate too heavily.

## **Suggested Dietary Changes:**

- Avoid all sources of dairy (usually the main cause)
- Cleansing fast
- Rest and plenty of fluids
- Avoid smoke

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*