



VOCAL GARGLE RECIPE

- 1 Tablespoon white Karo syrup*
- 1 Teaspoon Salt
- 1/2 Teaspoon Baking soda
- 8 oz warm water (not too hot to gargle)

Mix together until ingredients have dissolved. It should be warm but not hot enough to burn the throat.

Gargle each time for 10-15 seconds and spit out until all is gone.

You can do this up to 3x a day.

*Substitute honey or maple syrup for Karo syrup if needed

