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Introduction	3
So what are tonsil stones?	3
What causes tonsil stones?	4
- Post Nasal Drip	4
- Lactose Intolerance	5
How can I remove tonsil stones?	6
Stop tonsil stones before they start!	7
- Product Treatments	7
- Dietary Treatments	7
Fresh Breath Progression Chart	8
Closing Statement	9

Introduction

First off let me introduce myself. My name is Josh Katherman and I own and run the website <http://www.tonsil-help.com>. I know the frustration you're feeling from having tonsil stones. I know it very well because I've suffered from the them since I was in my early teenage years! I understand the mental and social effects it can have on your life. In fact I worked retail sales for 4 years and my attitude and productivity suffered because of bad breath from tonsil stones. I was always worried about my breath, constantly brushing my teeth. The good news is, I've found a cure!

There's a lot companies and individuals selling information and products that **don't do a thing to cure tonsil stones!** Their businesses thrive on the fact that there's minimal information and products on the market that are directed towards curing tonsil stones. So they make books and products that claim to help, when in reality they're selling useless information and products that just **don't work for curing your tonsil stones.**

This is exactly why I created this e-book and my website. I know how you feel because I'm exactly like you; Individually, I've spent over \$400 in total, buying products and information that were completely useless for preventing and curing my tonsil stones. So read on, learn, and finally find relief with your struggle to beat tonsil stones!

So what are Tonsil Stones?

If you've done research on tonsil stones, you probably know what they are but for those people that haven't I will explain what they are. Tonsil stones are a formation of dead white blood cells, bacteria, and food debris. To understand why there's dead white blood cells in them you have to take a step back and understand what tonsils were made to do. Said simply, a tonsil is a defender of your mouth. It's sole purpose is to trap debris and foreign bodies from entering your mouth. They're more beneficial in youth and usually shrink with age.

Tonsil stones are usually white or yellow in color, and are soft and sponge-like. If you've ever had the pleasure of breaking a tonsil stone open, you'll know that it smells horrible and very strong considering they're typical 1mm to 2mm size! You'll also notice that the smell is exactly how your mouth tastes when you're experiencing tonsil stones. This is the same smell that people experience when you talk or breath on them. The bacteria and sulfur compounds they produce cause your mouth to feel dirty and give off a foul smell.

What causes Tonsil Stones?

Now that you know what they are, I bet you're asking "well why do I get them?". In almost every case of tonsil stones there are multiple conditions that always coexist with them.

Post Nasal Drip

The first is "post nasal drip", which is excess mucus in the nasal cavity that drains down the back of your throat. This mucus is absolutely full of bacteria and protein, which are both things that tonsil stones feed off of. In fact post nasal drip can cause bad breath by itself even if you don't have tonsil stones.

A great Post Nasal Drip remedy is using nasal irrigation. Nasal irrigation is using a product that allows you to drain a mixed solution into the nasal cavity, rinsing out the excess mucus and promoting a healthier environment for your nasal passages. This is essential in your journey to cure tonsil stones because it eliminates a huge aggressor in tonsil stone creation; mucus drainage.

From my own experiences, I've found that the [Neti Pot](#) provides absolutely amazing results for Post Nasal Drip, while being drastically cheaper than popular nasal irrigation units. In fact it's been featured all over television, and even Oprah! The solution they use is very gentle and makes the nasal irrigation process easy and enjoyable! Stay away from kits that use harsh chemicals that can irritate your throat.

Another nasal irrigation unit that people on my site have given rave reviews is the [SinuPulse](#) Elite nasal irrigator. This is a much more advanced unit than the Neti Pot and produces a higher level of Post Nasal Drip relief in comparison. It has different spray heads, and modes. One tip is for nasal irrigation and the other tip is for moisturizing your nasal cavities. I know in the winter the inside of my nose gets dry and sometimes cracks, and this was the only product that I've found to not only cure my Post Nasal Drip but also prevent the inside of my nose from cracking. Highly recommended!

Lactose Intolerance

The second condition that sometimes people aren't even aware they have is an intolerance to any lactose products, or dairy. The amount of cases that link lactose intolerance and tonsil stones are numerous. Dairy products simply can't be digested or processed correctly by someone who's lactose intolerant, so any milk that you drink creeps inside of your tonsil crypts (the holes in your tonsils), and just sits inside your tonsils. Essentially, any diet rich in dairy and protein, in combination with post nasal drip, provides your tonsils with **the perfect conditioning to produce tonsil stones**.

If you've purchased other e-books like I have, you've probably realized how useless they are. They typically DO note that dairy can worsen tonsil stones, but who on earth can go without dairy the rest of their lives? I sure can't. Later on I'll mention a way that you can still consume some dairy, without worsening your breath or your tonsil stones.

Typical symptoms of being lactose intolerant are pretty simple. They include excess gas and bloating after consuming dairy, as well as digestion problems. You won't know if you're intolerant to lactose unless you're professionally diagnosed, but the tests take hours and have you drink pure lactose which is far from pleasurable.

How can I remove tonsil stones?

Now that you know what they are and why you're getting them, I'm going to explain a couple different ways to remove your tonsil stones, while you follow my steps to make sure they stop forming entirely. This will provide you with an instant relief of bad breath while you let our step-by-step guide stop them from growing all together.

1. [QuickBreeze - Dental Oral Irrigator](#) – There's a number of Oral Irrigation Units out there, and they're actually made to clean your teeth. The concept is simple; They shoot a small jet of water out which can clean around the gums and gumline. Visitors to my site love this method of removing tonsil stones because its quick and easy. There's a problem though. Most oral irrigators run at such a high pressure that it irritates your tonsils when you try to use it. That's the reason I recommend this specific irrigator over other more expensive irrigation units. It hooks directly to your faucet, **so you control the pressure!** And it never runs out of water like all the others with portable water containers. Commercial oral irrigators are too powerful and you constantly have to refill them. When I personally tried a commercial oral irrigator, it made my tonsils bleed and did nothing to remove my tonsil stones. The quickbreeze irrigator is the only solution I've found that has a gentle enough pressure not to harm your tonsils.

2. A more simple method of removing tonsil stones is to apply direct pressure with your finger to the side of the tonsil, pressing on it and sliding your finger upwards. This can sometimes dislodge the tonsil stone up and out of your tonsil crypt. I've found this method to only be partially successful. Sometimes it works, but most of the time you'll end up gagging so much that it's not worth it.

Stopping Tonsil Stones Before They Start!

The first step in stopping tonsil stones from growing is to minimize the effects of Post Nasal Drip which we talked about earlier. The next step is to follow product and dietary guidelines to completely stop tonsil stones before they start, which I will cover next.

Product Treatments

[Grapefruit Seed Extract](#) – This was tried out literally by hundreds of people on my site and was rated by my visitors to be the best supplemental cure for tonsil stones. This is the solution that you gargle with everyday, that allows you to still consume some dairy without worsening your tonsil stone condition. Gargle for around 60 seconds, two to three times a day, or before you consume dairy. It's as simple as that. We've concluded that this method works best after brushing. So brush your teeth and tongue first and then gargle for a minute with a diluted mixture of Grapefruit Seed Extract and water. I typically recommend flexing your tongue and throat muscles while gargling to help open up the tonsil crypts, allowing the GSE mixture to fully coat the inside of your tonsils. If you want the maximum effect, it's crucial that you use this treatment in conjunction with our Post Nasal Drip guidelines, as well as our Dietary guidelines which I'll cover next.

Dietary Treatments

As spoken of before, dairy products wreak absolute havoc on tonsil stones! It can make them literally form overnight. The good news is, using our grapefruit seed extract method you don't have to completely eliminate dairy from your diet like every other tonsil stone remedy book says you have to do! While I don't constantly drink milk, I do eat out at restaurants and order normal food with dairy, without a problem of tonsil stones coming back. You should avoid doing things like eating bowls of cereal with milk at night before you go to bed, or drinking a full glass of milk.

What most people have done, including myself, to help make this dietary change easier is to replace their milk and cheese products with Soy equivalents. My refrigerator has nothing but soy-based replacements and they actually taste wonderful which will make the change easy and enjoyable for you.

I'm positive that you will have wonderful results if you follow our steps that I've given you! Following my steps, most people have reported a 100% tonsil stone reduction in anywhere from 3 days through 2 weeks. To help keep track of this, and your fresh breath progression, I've made a chart that you can print out that will help remind you to follow my steps as well as chart your progression to healthy and fresh breath!

Fresh Breath Progression Chart

DAY	Gargle with GSE?	Consumed Dairy?	Nasal Cleansing?	Rate your Breath
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Closing

I'm sure that if you follow my step-by-step guide, and keep track of your progression, you'll experience a 100% improvement in your breath and self confidence. Feel free to email me or leave a message on my website with any questions or comments!

Take Care and God Bless,

Josh Katherman - www.tonsil-help.com