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Dear beloved friends,

First and foremost, thank you for purchasing my guide to tonsil stones. In return, I will share with you all my knowledge on tonsil stones acquired through my years of experience and research. This is basically a story on how I managed to free myself from the clutches of tonsil stones without any painful or invasive medical procedures. I’ve discovered a way to naturally eliminate tonsil stones and prevent them from reoccurring. And upon my discovery, I have since helped thousands of tonsil stones sufferers from around the world to banish their tonsil stones forever.

I know exactly what brought you here today. I know how it feels to just accept that you have tonsil stones and go through life without any hope of relief. I remember thinking to myself, “Just accept this Diane. Everyone’s got their cross to bear, and yours is tonsil stones.”

This guide, however, will make sure that you will be granted relief. I will take you by the hand and show you the exact steps you need to permanently eliminate your tonsil stones FOREVER!

So congratulations! You’ve taken that first step on your road to freedom. Tonsil stones will soon be nothing more than a bad memory,

Best Regards,

Diane Puttman
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What Are Tonsil Stones?

A tonsil stone, sometimes referred to as a tonsillolith, tonsillar debris or calculus of the tonsil, is a piece or a cluster of calcareous matter that develops in the back of the mouth in the tonsillar crypts of the tonsils or on the roof of the mouth.

Protruding tonsil stones have the feeling of a foreign object lodged in the back of the throat. They may be a very uncomfortable nuisance but aren’t harmful.

Tonsils are filled with crevices where bacteria and other materials such as dead cells and mucous can become trapped. When this occurs, the debris can develop into infections that occur in the pockets.

Tonsil stones are formed when this trapped debris combines and hardens or calcifies.

This occurs most often in people who suffer from chronic inflammation in their tonsils or repeated bouts of tonsillitis. These calculi are composed of calcium salts such as hydroxyapatite, calcium carbonate apatite, oxalates and other magnesium salts containing ammonium radicals.

They often appear as white or yellowish in color and are irregularly shaped and foul smelling. They can cause extreme halitosis (bad breath). Most sufferers who go to their doctor are concerned with the symptoms of bad breath.
Tonsil stones are substances which are white/yellow in color with a foul smell. These stones are made up of bacteria and mucus which gets stored at the back of your throat. These stones appear in the tonsil crypts. Tonsil crypts are small pockets/cavities which are present in everyone's tonsils.

The debris contains mucus, which is collected in the tonsil crypts from post nasal drip through the throat. The anaerobic bacteria produce the debris with the tonsil stones, which includes the most volatile sulfur compounds. The sulfur compounds may cause chronic Halitosis. Bad breath and taste disorders are the symptoms of it.

The tonsil stones do not do much physical harm, and sporadic coughing doesn't mean that there is something wrong with you. However, they make you restless. Nobody wants to cough frequently, which embarrasses you in society. Sometimes they are the main cause of your bad breath.

If you have ever come across an open tonsil stone, then you know that the smell is terrible!

The combination of bacteria, and post nasal drip along with volatile sulfur compounds is responsible for creating the foul smell in the area of the tonsils. Tonsil stones can form in those who have not had their tonsils removed by surgery or any other way. However, it does not mean that one should run out and get the tonsils removed! Tonsils are very important for the total health and immune system.
What Are The Symptoms Of Tonsil Stones?

Tonsil stones occur more frequently in adults than in children and younger children don’t exhibit any noticeable symptoms.

Even when they are large, some tonsil stones are only discovered incidentally on X-ray or CT Scans. However, when they are left untreated they’ll begin to cause very unpleasant symptoms.

**Bad Breath**

One of the prime indicators of a tonsil stone is exceedingly bad breath, or halitosis, that accompanies a tonsil infection. One study of patients with a form of chronic tonsillitis used a special test to see if volatile sulfur compounds were contained in the subjects' breath. The presence of these foul-smelling compounds provides evidence of bad breath. The researchers found that 75% of the people who had abnormally high concentrations of these compounds also had tonsil stones. Other researchers have suggested that tonsil stones be considered in situations when the cause of bad breath is in question.
White Debris

Some tonsil stones are visible in the back of the throat as a lump of solid white material. This is not always the case. Often they are hidden in the folds of the tonsils. In these instances, they may only be detectable with the help of non-invasive scanning techniques, such as CT scans or magnetic resonance imaging.

How do you get tonsil stones?

Tonsil stones is formed because of various different reasons. You should know that tonsil stones are quite common. There are many people who are struggling against bad breath and tonsil stones.

First of all, let us see what the tonsil stones are. The tonsil stones are off white to yellow in color, curd-like balls which form in the tonsils. The tonsil stones are made up of calcium, dead cells, sulfur, food particles and post nasal drip. They may cause a sore throat and can make swallowing difficult.

Worst of all, the stones can cause foul smelling or bad breath. Both adults as well as children can get tonsil stones, but they are most common in adults. Some people get the stones, but others may not. Each and every individual is different. As we can see, some are tall and some are short; some people have tiny eyes and some have larger, very prominent eyes.

This applies to everyone's tonsils too.

If yellowish balls are formed in someone’s tonsil crypts, that doesn’t necessarily mean that their oral hygiene is to blame.

He may have problems with an overactive salivary gland or have an excess of oral bacteria due to some other reason. Experts state that each day, every individual's tonsils shed oral mucosa which can be also termed as dead cells. This is the stuff which lines the crypts of the tonsils.
After that, in some cases people swallow the dead cells. These dead cells, along with bacteria and other fluid buildup, can turn into the white yellowish balls in the tonsil crypts.

If anyone is prone to tonsil stones, it simply implies that they need to take extra care in their regular oral hygiene. It is necessary to brush and floss along with gargling using non-alcoholic mouthwash daily. The addition of saltwater in your regular oral hygiene routine may help you to reduce the buildup of debris in your tonsil crypts. Although tonsils are glands of lymphatic system; they also have a connection with the digestive system and the respiratory system. Thus, they are a very important organ for all the three systems.

The Lymphatic system is the backbone of the immune system in our body. The lymph fluid is an essential fluid next to blood in our body.

It is flowing through the entire body and collects the harmful and waste substances from cells and tissues. Along with the collection of waste material, it also produces antibodies to destroy the harmful organisms. While flowing through the body it collects the junk at specific distances where there are clusters of lymph tissues formed called lymph nodes. These lymph nodes filter the lymph fluid brought to them and destroy the bacteria present in it.

If due to some reason the lymph nodes are not able to destroy and clear the harmful substances, it gets dumped in the cavities of the lymph nodes. As this garbage gets accumulated more and more, it starts forming hard substances like stone and we get the tonsil stones.
HOW TO REMOVE YOUR TONSIL STONES

Step-By-Step How to Remove Tonsil Stones

A medical practitioner may recommend removal of the tonsils by surgery, which is also known as Tonsillectomy.

Tonsillectomy is recommended in the following conditions:

- Tonsils appearing red and swollen for a long period.
- Discomfort while breathing due to swollen tonsils.
- Irritation in the throat while swallowing food
- Recurrent infection in the tonsils
- Recurrence of related problems like fever, throat infections etc.

This is a minor surgery and hardly takes 25-30 minutes to remove the tonsils.

There are two types of treatments available for tonsil stones, such as, natural/self-treatment and/or surgical treatment. Usually tonsil stones are not harmful except for the bad breath and almost all of the natural/self-treatments have been found to be equally effective in the removal of tonsil stones, depending on the size of the stones.
PREVENTING YOUR TONSIL STONES FROM REOCCURRING

This section is an interesting one.

I have received hundreds of emails and letters in regard to the next simple “secret” to preventing your tonsil stones from recurring.

Why?

Because it is so simple!

People think that it cannot possibly work because it is one simple step that gets rid of tonsil stones and bad breath forever.

The problem lies however, in the action. Like anything to do with your health the information isn’t the important bit. It is the ACTION!

85% of people who wrote in to tell me how this possibly couldn’t (or wouldn’t) work hadn’t even tried it!

So for all of you that think it is too simple I have now added a whole section on other methods for you to try.

For those of you wanting to get rid of your tonsil stones for good. Try this next tip over the next week and let me know your results.
**Acupressure**

It is an ancient therapy used in Asian countries since long ago. Most of the acupressure points are present on palm. Points are also on the feet, face and other body parts too. We will see in detail about those points.

But even if you press your palms, including fingers, together for a while (two to three minutes) everyday, automatically the points will get pressed and it gives relief to you in general.

These points are also known as "acupressure points" or "pressure points." Let us see how these points help us in early diagnose for curing throat disorders.

Here we will specifically consider the points related to respiratory disorders. One thing must be kept in mind while applying pressure on these points.
Here are the sample of extensive information you will discover as you adopt a full “Banish Tonsil Stones” System:

Banish Tonsil Stones

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To get all of the steps of how to get rid of your tonsil stones problems, go to [http://banishtonsilstones.com](http://banishtonsilstones.com) your full copy of ‘Banish Tonsil Stones” today.