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SALIVARY GLAND PROTOCOL

1. Lemon drops, pickles, etc. Any food or drink which activates saliva production to get the salivary glands working and flush out the glands.
2. Drink plenty of liquids.
3. Use warm compresses for at least fifteen minutes, four times daily.
4. Plain Robitussin (over the counter) 4 times a day, as directed to help liquefy the saliva.
5. Humidifier at night.
6. **NO** fans & vents blowing on you, as this will dry saliva.
7. Gentle massage to the affected gland from back to front.