



## What to Do If You've Got Canker Sores

*Get rid of them in minutes and prevent re-occurrences*

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These shallow, painful sores on the inside of the mouth tend to strike because of some kind of irritation, like after you've bitten your tongue. They also appear when you're stressed or overly acidic. Most of the time canker sores come up when digestive microbes are imbalanced, which carries over to the pH of saliva. Canker sores are unrelated to cold sores (which are brought on by a virus), and are easily eliminated.

***Eat this:*** Yogurt. Swishing a spoonful of plain, sugar-free, fruit-free yogurt along your gums helps rebalance the microbes in your mouth so it's a less favorable place for the harmful germs that can irritate the sore and make it worse, Dr. Low Dog says. Skip spicy or acidic foods, such as citrus or sodas, which can exacerbate an existing canker sore and may even cause new ones to form, Dr. Mao explains.

***Do this:*** Gargle with 10-12 ounces water infused with 1 tsp Real Salt 2 times per day for 1-2 days, this balances electrolytes and pH in the mouth, OR: Try a 90/10 solution of food grade hydrogen peroxide and water three times a day and right before bed. Food Grade Hydrogen Peroxide is an antiseptic that can kill those bacteria, OR: Coat the sore with baking powder 3-4 times daily and before bed, which helps the pH balance and closes up the sore faster.

Chronic canker sores can also be a sign of celiac disease or gluten sensitivity, so consider being tested if you get them frequently or if you have symptoms such as abdominal pain.