CANKER/COLD SORES By Dr. John Fudens HMC DVM PH

Canker and cold sores are the most common mouth sores and are caused by the Herpes Simplex virus. An outbreak of mouth sores is painful with the inflammation making eating, drinking, brushing teeth and even talking difficult. Mouth sore thus can affect us mentally and emotionally. Susceptibility to mouth sores seems to be constitutional in nature and tends to revolve around how we deal with stress. Factors that key the body in for mouth sores are allergies, nutritional deficiencies, lack of sleep, emotional turmoil, abuse of drugs, alcohol tobacco.

Canker sores are erosions of the lining of the mouth mainly the gums and lips. The lesions are yellow white or white ulcers that are very painful. Very often the lesions start as abrasions or trauma to the mucous membranes. If any bacteria or viruses are present they are secondary to the initial cause.

Cold sores are lesions usually near the nostrils and outer surfaces of the lips. They start as red itchy skin area progressing to a blister or group of blisters. The blister ruptures to an ulcer which crusts over and will heal in 7-10 days.

Thrush is a mouth infection resulting from over dosing with antibiotics which kill off the good bacteria allowing the fungus to grow. All antibiotics are drugs, which weaken the immune system, and if you define the word anti (against) botics (life) you can see the danger in them.

It appears that once the sores develop they need to run their course but increasing the Vit C level, flushing the mouth with salt water or aloe vera juice, or using sealing agents to coat the ulcer helps one through the healing process.

Natural preventatives include taking regular doses of bioflavonoid complex, Vit E, zinc, amino acid lysine, garlic, acidophilus, essential fatty acids, B complex and other antioxidants. You can also heal faster using homeopathy and herbs.

 TO YOUR GOOD HEALTH

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