

Natural Help 4...

Canker Sores



What are Canker Sores?

Canker sores, also called aphthous stomatitis are small “ulcers”; NULL or lesions that occur in the soft tissue of the mouth. These small sores are white, yellow or grayish in color with a red border, and they tend to be most common on the **inner surface of the cheeks, lips, tongue, soft palate**, and the base of the gums.

Diagnosing Canker Sores

Although similar in appearance, canker sores are not the same as cold sores and are not caused by the Herpes simplex virus.

On the whole **canker sores are usually harmless** and they tend to disappear without treatment within 14 days. However, they can be quite pain and they tend to make eating somewhat uncomfortable or difficult.

Make sure that you seek a medical opinion should canker sores cause significant **problems with eating**, or if they become too large, or infected.

What causes Canker Sores?

In fact, canker sores are not at all contagious but are rather said to be caused by a problem with the immune system.

Canker sores can also be triggered by a number of factors such as emotional pain or stress, fatigue, physical injury to the mouth (often by biting the cheek, or from dental work), and **dietary deficiencies** (most commonly a lack of vitamin B12, iron and folic acid).

It is also fairly common to develop canker sores during hormonal changes such as menstruation and pregnancy and to have them co-occur with another **viral or bacterial infection**. While most people just develop the mouth ulcers, others may experience additional symptoms such as fatigue, swollen glands, and in rarer cases, a fever might be present.

Help for Canker Sores

Canker sores are vulnerable to infection by **bacteria in the mouth** so be sure to keep your mouth clean and fresh by gargling regularly with an antibacterial mouth wash or salt water.

Practice **good oral hygiene by brushing and flossing twice** daily as this will

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

reduce the chances of developing an infection. However, be sure to brush gently so that you do not further aggravate the canker sores.

Be sure to avoid **hot and spicy foods** as these will more than likely sting the affected areas.

Try sucking on ice chips or applying ice directly to affected areas for fast [pain](#) relief.

Add a dose of **vitamin B12** to your daily supplements and make sure you are getting enough iron and folic acid.

More Information on Canker Sores

There are many effective natural ingredients which help to boost [immune system](#) functioning and provide relief from bothersome re-occurring [canker sores](#).

One ingredient highly recommended for [canker sores](#) is Mercurius Solubilis which works effectively to support and promote the health of the mouth and throat. Other ingredients more specific to [immune system](#) functioning include Hypoxis Rooperi (extract of African Potato), Buchu and Astragalus.

These **natural herbal ingredients** have been used for centuries due to their tonic effect on promoting immune system health, and can be used either as a preventative measure to avoid getting [canker sores](#), or to help speed convalescence and healing.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine)



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of

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extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

ImmunityPlus: Promotes [healthy immune system](#) functioning and helps fight viral and bacterial infections

ImmunityPlus is a 100% safe, non-addictive natural herbal remedy formulated to safely **maintain systemic balance and immune system health**, without harmful side effects.

ImmunityPlus contains a selection of herbs known for their supportive function in maintaining [immune system](#) well-being, thereby **helping to keep you healthy and strong**.

The formula remains true to the whole spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about ImmunityPlus](#)

Pure-Heal Gel: Natural soothing gel provides skin support for everyday minor mishaps

Pure-Heal Gel is a 100% safe and natural topical herbal gel that helps to **support and soothe the skin after minor mishaps and everyday insect bites**. Pure-Heal Gel has been formulated as a natural companion to our effective [Pure-Clenz Solution](#)™ - for complete care of your family's skin .

Pure-Heal Gel contains a carefully selected combination of well-known and **respected traditional herbal remedies for supporting and soothing the skin**. The soothing aloe gel base and subtle lavender aroma also provide an immediate comforting effect.

Like all Native Remedies products, Pure-Heal Gel has been developed with care by our team of natural health experts and is manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile in family health.

[Learn more about Pure-Heal Gel](#)

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