

Home Remedies For Canker Sores

Canker sores are small, painful ulcers or sores. Canker sores usually occur in the mouth and are a reddish inflamed area. Canker sores are also known as mouth ulcers and are annoying as they can be painful during eating, drinking and even talking.

What Causes Canker Sores?

1. If you accidentally puncture the skin of your mouth while eating, chewing.
2. Sometimes a lot of stress may also cause Canker Sore.
3. If you are allergic to food items like grains, nuts, vinegar, soy - these have known to cause Canker Sores in some people.
4. People with deficiency in certain vitamins such as B1, B2, B6, and C are likely to have more Canker sores than others.

Remedies at home for Canker Sore

Canker sores do take time to heal, a week to 2 or maybe more sometimes - really varies from person to person. One of the remedies could be mix milk of magnesia and benadryl allergy liquid in equal amounts and gargle for a minute or so and spit it out. Repeat this every 6 hours. This should provide some relief.

Prevent Canker sores

Most mouthwashes and toothpastes contain the foaming agent sodium lauryl sulfate ("SLS"). It is believed that this compound can be a cause of canker sores, and may even aggravate it.

Source: <http://www.articlecircle.com>

About the Author

Kevin Pederson has been managing a number of natural home remedies websites, such as <http://www.home-remedies-for-you.com>, which have a lot of information on home based natural cures for some of the most common illnesses.