HEALTHY TIPS

How To Naturally Get Rid of Canker Sores In Minutes With No Medicine!

By bestfolkmedicine · 08/08/2018 · 2 min read



Oral infections are not uncommon and they are often manifested by aphthous ulcers that may appear on the inside of the cheeks, the inside part of the lips, the base of the gums, and sometimes under the tongue. The causes for their appearance, beside infections, are numerous, including injuries, wearing braces, stress, and even allergies.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

As explained on Daily Health Magazine, they are not to be confused with fever blisters which often develop on the outside of the lips or onto the sides of the mouth. Even though it happens in both men and women, women appear to be more prone to it.

Did you know that the aphtous ulcers in the mouth appear several days before they actually begin to cause pain and discomfort? This being said, you should know that there is a beneficial method to prevent them at this stage from becoming worse and alleviate the pain and discomfort.

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How to Naturally Cure Canker Sores

For this method, as explained on Healing Life Is Natural, you only need Himalayan pink salt. Since it is an isotonic, it possesses important minerals that are also present in our bodies. Mix half a tsp of the salt and a glass of lukewarm water and swish it around the mouth for several minutes, three times per day, and then spit out the content. You will feel immediate relief and the sore will be gone within a couple of days.

Other Useful Natural Methods to Treat Canker Sores

According to RD, here are some other beneficial to address canker sores:

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1. Aloe vera
2. Baking soda
3. Milk of magnesia
4. Sage
5. Used tea bags
6. Hydrogen peroxide
7. Antacids
8. Licorice tea
9. Vitamin E

Do not forget to check out the video shown below to learn more about this excellent natural remedy:

https://www.youtube.com/watch?v=zpN8NMeOYyU

Sources:

DAILY HEALTH MAGAZINE

HEALING LIFE IS NATURAL

RD

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