GRANDMA'S REMEDIES

Canker Sores Can Hurt like Hell: Here Are 5 Ways to Relieve Them at Home

By bestfolkmedicine · 17/03/2020 · 2 min read

Canker sores or aphthous ulcers can be really painful! They happen inside the mouth or on the gums.

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They impede talking and eating; however, they don't cause a lasting harm. In a couple of weeks, they usually go away on their own.

But, what can we do to alleviate them until they heal on their own?

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We can try out some home remedies that will help us speed up the process. But, since most home remedies for canker sores haven't been studied, make sure you use them carefully!

Even better, consult your doctor about any of them and for any questions you may have.

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Below, check out 5 useful natural remedies for canker sores!

5 Natural Remedies for Canker Sores

- **Rinsing with salt water**

Rinsing the mouth with salt and water is used for mouth sores of any type and in terms of canker sores; it may help dry them out faster.

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Mix a 1 tsp of sea salt and half a cup of lukewarm water. Then, swirl the solution in the mouth for 30 seconds or so before you spit it out.

This method can be repeated every hour.

- **Alum powder**

Alum powder is made with potassium aluminum sulfate and it's often used for food preservation and veggie pickling.

Its astringent characteristics may help reduce tissues and dry out the sores faster.

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To use it, mix a small amount of it with a drop of water and dab it onto the painful area and leave it for a minute before you thoroughly rinse the mouth.

You can repeat it on a daily basis until the sore heals.

- **Yogurt**

Even though the exact reason behind these sores remains unknown, some may be a result of H.pylori bacteria or IBS.

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And, according to studies from 2007, probiotic cultures like lactobacillus may help remove H. pylori and alleviate IBS.

This being said, if the canker sore is triggered by some of these conditions, consuming yogurt may be helpful.

For prevention or treatment, consume at least a cup of yogurt per day.

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- **Honey**

Honey has antibacterial and anti-inflammatory characteristics and one study from 2014 found it helpful in lowering canker sores' size, pain, and redness, as well as a secondary infection.

Apply quality honey onto the sore 4 times per day.

Unpasteurized and unfiltered honey is less processed and more beneficial.

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- **Hydrogen peroxide**

Hydrogen peroxide helps clean the sore and lower the presence of bad bacteria in the mouth.

Dilute 3 percent of hydrogen peroxide with equal amounts of water and then dip a cotton ball into the mixture and apply it onto the sore.

Do it several times per day.

Hydrogen peroxide can also be used as a rinse- swirl it around the mouth for a minute or so before spitting it out and rinsing the mouth.

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Sources:

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