

Your Monthly Update

Dear Colleague

Welcome to the October 2009 newsletter from Pure Bio Ltd.

Did you know:

Foods to naturally reduce LDL cholesterol include almonds, brown rice, oats, soya, walnuts and soluble fibre from fruit and vegetables.

The chosen topic for this month is:

Mouth Ulcers / Canker sores

Protocol Summary

Ranking	Nutritional Supplements	Botanical Medicine
Secondary	B-complex (vitamin B1, vitamin B2, vitamin B6) Folic acid (for deficiency only) Iron (for iron deficiency only) Lactobacillus acidophilus Vitamin B12 (for deficiency only) Zinc (for deficiency only)	Aloe vera Licorice (DGL)
Other		Agrimony Chamomile Cranesbill Echinacea Goldenseal Myrrh Oak Periwinkle Tormentil Witch hazel
<p>Primary – Reliable and relatively consistent scientific data showing a substantial health benefit.</p> <p>Secondary – Contradictory, insufficient, or preliminary studies suggesting a health benefit or minimal health benefit.</p> <p>Other – An herb is primarily supported by traditional use, or the herb or supplement has little</p>		

Symptoms

Canker sores, also known as aphthous ulcers, are painful mouth ulcers that appear suddenly, either singly or in groups of two or three. They can easily be confused with cold sores. Canker sores are white ulcers with a red rim that most commonly form just inside the lips or cheeks. They burn and tingle, especially when eating spicy or acidic foods. Normally, healing takes about one to two weeks without treatment, but longer if they become exceptionally large. Their size ranges from tiny to one inch or more. Recurrences are common with abnormally high stress levels, or as a reaction to certain foods.

Causes

Some people are predisposed to recurring canker sores. The process causing the sores is unknown, although it is probably linked to an abnormal immune system response that has been triggered by a deficiency, injury or some other problem. Their appearance or recurrence is generally a symptom of nutritional deficiency. They often occur secondary to a state of anaemia, when the nutrients B12, folic acid or iron are lacking. A small injury is often a trigger for canker sores, as is an altered oral flora after antibiotic treatment. Stress and food sensitivities will also precipitate ulcers. Foods that particularly exacerbate a predisposition are highly acidic fruits and sweets, especially chocolate.

Dietary Modification

Sensitivity to gluten, a protein found in wheat and other grains, has been associated with recurrent canker sores in some people. In preliminary trials, avoidance of gluten has reduced recurrent canker sores in people whether or not they had coeliac disease. One preliminary trial suggested that people with recurrent canker sores, whose blood contains antibodies to gliadin (a component of gluten), may respond to a gluten-free diet even if they have no evidence of the tissue changes associated with coeliac disease.

Other food sensitivities or allergies may also make canker sores worse. One preliminary trial found evidence of food allergy in half of a group of people with recurrent canker sores; avoidance of the offending foods resulted in improvement in almost all cases. While a double-blind study concluded that typical allergy mechanisms play only a minor role, people with recurrent canker sores should discuss the diagnosis and treatment of food sensitivities with their practitioner. For some people, treating allergies may be a key component to restoring health.

General dietary advice would include increasing consumption of green, leafy vegetables and whole grains for their B complex vitamins, which help the body deal with stress - a common trigger in the development of canker sores. Natural, plain, unsweetened yogurt eaten in small quantities several times daily has been known to shorten the healing time of canker sores by providing healthy bacteria which fight

infection. (Alternatively – and especially in the case of dairy sensitivity – a probiotic supplement can be used). Sugary sweets, coffee, citrus fruits, meats and anything that produces acids should be avoided.

Lifestyle Modification

Minor trauma from poor-fitting dentures, rough fillings, or braces can aggravate canker sores and should be remedied by a dentist.

Several reports have found sodium lauryl sulfate (SLS), a component of some toothpastes, to be a potential cause of canker sores. In one trial, **most** recurrent canker sores were eliminated just by avoiding toothpaste containing SLS for three months. Positive effects of eliminating SLS have been confirmed in double-blind research. SLS is thought to increase the risk of canker sores by removing a protective coating (mucin) in the mouth. People with recurrent canker sores should use an SLS-free toothpaste for several months to see if such a change helps e.g. Green People organic toothpastes.

Nutritional Supplement Treatment Options

Several preliminary studies, though not all, have found a surprisingly high incidence of [iron](#) and [B vitamin](#) deficiency among people with recurrent canker sores. Treating these deficiencies has been reported in preliminary and controlled studies to reduce or eliminate recurrences in most cases. Supplementing daily with B vitamins—300 mg vitamin B1, 20 mg [vitamin B2 \(riboflavin\)](#), and 150 mg [vitamin B6 \(P5P50 or B6-Complex\)](#)—has been reported to provide some people with relief. Thiamine (B1) deficiency specifically has been linked to an increased risk of canker sores. Mouth-washing with P5P will often very quickly resolve an acute ulcer.

[Zinc](#) deficiency has also been linked with recurrent canker sores in preliminary studies and in one case report. A preliminary trial found that supplementation with up to 150 mg of zinc per day reduced recurrences of canker sores by 50 to 100%; participants who were zinc deficient experienced the most consistent benefit.

According to preliminary reports, some people with recurrent canker sores may respond to topical and/or oral use of [Lactobacillus acidophilus](#) and [Lactobacillus bulgaricus](#) (try [Probiotic-5](#) for a good combination formula).

A mouth rinse of [aqueous colloidal silver](#) can also be very effective in eliminating ulcers; due to its natural antimicrobial effect and ability to boost immunity. It is best used after brushing the teeth to help prevent any type of oral infection, including parasites and candida.

Botanical Treatment Options

A mixture of [DGL](#) (deglycyrrhizinated licorice, which retains the vulnerary and soothing components of the root) and warm water applied to the inside of the mouth may shorten the healing time for canker sores, according to a double-blind trial. This DGL mixture is made by combining 200 mg of powdered DGL and 200 ml of warm water. It can then be swished in the mouth for two to three minutes and spat out. This procedure may be repeated each morning and evening for one week.

A gel containing the [aloe vera polysaccharide acemannon](#) was found in one double-blind trial to speed the healing of canker sores better than alternative conventional treatments. The gel was applied QID.

The antiviral, immune-enhancing, and vulnerary properties of [Echinacea](#) may make this herb a reasonable choice for canker sores. Liquid echinacea at a dose of 4 ml can be swished in the mouth for two to three minutes, then swallowed. This procedure may be repeated TID.

Because of its soothing effect on mucous membranes (including the lining of the mouth) and its healing properties, [chamomile](#) may be tried for canker sores and other mouth irritations. A strong tea made from chamomile tincture can be swished in the mouth before swallowing, TID–QID. [Goldenseal](#) has also been used historically as a mouthwash to help heal canker sores.

[Myrrh](#), another traditional remedy with vulnerary properties, has a long history of use for mouth and gum irritations. Some herbalists suggest mixing 200 to 300 mg of herbal extract or 4 ml of myrrh tincture with warm water and swishing it in the mouth before swallowing; this can be done BID–TID.

Historically, herbs known as astringents have been used to soothe the pain of canker sores. These herbs usually contain tannins that can bind up fluids and possibly relieve inflammation. They are used as a mouth rinse and then are spat out. Examples of astringent herbs include [agrimony](#), [cranesbill](#), [tormentil](#), [oak](#), [periwinkle](#), [burdock root](#), [rest-harrow](#), [red clover](#), [red raspberry](#) and [witch hazel](#). Witch hazel is approved by the German Commission E for local inflammations of the mouth, presumably a condition that includes canker sores.

[Tea tree oil](#) helps prevent infection and control parasites and candida. Rinse the mouth with 3 drops of tea tree oil diluted in a glass of water. Apply a few drops of oil with a cotton swab directly to infected area after brushing the teeth BID.

Additional remedies:

- Place 1 tsp. fenugreek seeds in 1 cup cold water. After six hours, bring to a boil and strain immediately. When cooled to lukewarm, add 1 tsp. honey. Use to gargle and swallow a little.
- As a three-week herbal cure, mix 3 parts nettle, 1 part sage, and 3 parts chicory. Soak 3 tbsp. of the mix in 1 qt. cold water overnight. Next morning bring to a boil, steep for five minutes, strain and drink 1 cup three times daily.

Homeopathy

As homeopathy is specific to each person, listed below are only a couple of the many possible prescribed remedies. Take the 6c strength four times daily for up to five days. For recurrent ulcers, consult an experienced homeopath.

- Take **Borax** if the ulcers bleed when touched, the mouth is hot and tender, and oral thrush is sometimes present.

- **Arsenicum album** is recommended when the mouth is dry and burning, and the ulcers are soothed by warm water. Restlessness and anxiety are felt. Often caused by stress and worry.

Tissue Salts

Take 4 tablets four times daily, under the tongue.

- For whitish ulcers in the mouth, use [Kali mur.](#)
- When the color is gray and the cause is nervous tension, use [Kali phos.](#)
- If the ulcers are located on the tongue, use [Silicea.](#)
- Use [Nat mur](#) if the corners of the lips are also cracked.

Other Suggestions

Sodium bicarbonate powder mixed with water is a very effective first aid remedy. This mixture can be used as a mouth rinse as well as swallowed to help make the body more alkaline. A variety of commercial toothpastes containing sodium bicarbonate can be used instead of standard toothpastes high in fluoride and other chemicals.

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