

Special Report \$37

# 7 Steps to a Canker Sore Cure

Secrets to wiping out canker  
sores from your life forever

## **7 Steps to a Canker Sore Cure**

Secrets to wiping canker sores from your life forever.

**Dental Zone, Inc**

[www.saveyoursmile.com](http://www.saveyoursmile.com)

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**Chapter 1:**

**You're about to start an incredible  
journey to a canker sore free life.**

**Have canker sores got you down?**

Are you tired of trying "treatments" that don't work or home remedies that should be kept in the attic?

Are you frustrated by repeatedly hearing, "there's nothing we can do about canker sores, they'll heal in 7 to 10 days?"

Are you confused by the information (or shall we say mis-information) that abounds?

There must be a better way.

**Finally simple, proven ways to erase canker sores from your life forever.**

Since 1996 we've run one of the largest consumer dental websites on the web and published numerous print dental articles. This report marks the end of a 5 year journey to find a cure for canker sores. It began in 1997 when we launched an all out assault to answer the question many of our readers had been asking: "Why can't anyone find a cure for canker sores?" Our exhaustive effort involved:

**Extensive research in the dental library of one of the best dental schools in the country**

Many of our readers asked why research wasn't being done to eliminate canker sores. The simple fact is that extensive research **has been done**. Its just buried in scientific journals, written in medical jargon - a language most of us have trouble understanding. We reviewed the medical and dental journals, sifting through the scientific wording to uncover many of the life changing strategies revealed in this guide.

**Moderating the only bulletin board dedicated exclusively to canker sores**

For three years we ran the most comprehensive bulletin board on the *net devoted only to canker sores*. This board received over 2348 posts with people detailing their experiences with canker sores. They told us exactly what worked and what didn't. It was like having a real live experimental laboratory for finding a canker sore cure. In this guide we tell you what worked and what didn't.

**Personal communication with hundreds of visitors to our website**

Every day we receive e-mails from people telling us about their canker sore experiences. We have boiled down the essence of these hundreds of e-mails into information that you can use to conquer your canker sores.

### **Interviews with leading dentists and experts in the field**

Experts in the field of canker sore relief are few and far between. But we tracked them down and wrung them for every bit of knowledge we could. The results were incredible and we share them all here for you.

### **Staff testing and reviews of products and methods for dealing with canker sores**

We reviewed and tested all of the promising canker sore breakthroughs. We tried the strategies personally to see if they would make a difference. Most flopped, but the few that work did wonders. We share those with you here.

When it comes to canker sores, we've seen it all and heard it all. The simple fact is that most canker sore information is **simply incorrect**. Worse yet, *almost* nothing works to prevent canker sores.

**..... But, there are a handful of proven strategies for preventing canker sores that have brought life changing results !!!!**

These strategies have brought massive relief to thousands. Everyday, we get e-mails from people thanking us for changing their lives by making them canker sore free.

The problem – until now these valuable strategies were buried in a sea of useless theories and suggestions. It was almost impossible to know what to believe and what not to, what worked and what didn't.

This is why it took us *nearly five years* to uncover all of these pearls of wisdom stuck in a vast pile of hype, misinformation, and false advertising. We selected the best of these strategies. Like precious diamonds we polished them off and present them here for you in all of their brilliance.

We estimate that these few diamonds of information will prevent canker sores in over 98% of all people. Join us on the journey as we walk you step by step to a new canker sore free life.

**Chapter 2:**

**Give us five minutes and we'll tell you  
more about canker sores than your  
doctor learned in all of medical school**

To fight canker sores you must first understand what they are and what causes them. Before we begin revealing the methods for wiping out canker sores in Chapter Three, let's find out about canker sores and why they cause so much pain.

Did you know that millions of people suffer with canker sore pain? In fact:

*Nearly 20% of the population suffers with canker sores.  
That's nearly 54 million American men, women, and children!*

With all those people suffering it makes you wonder why more information is not available about canker sores and how to prevent them. While canker sores are only a minor nuisance for some, for many people the pain they cause is unbearable.

The situation is made worse when a patient's doctor or dentist does not know how to treat or prevent these sores, leaving the patient frustrated and in pain. The sad truth is that, until very recently, little was known about what caused or triggered cankers sores. Most doctors, dentists and health professionals know little about canker sores because so little was known about canker sores when these people trained.

**What's In a Name?**

To make sure we're on the same page let's take a look at the terminology used to describe canker sores. Canker sores are the most common type of mouth ulcer. As such, although not precise, canker sores are often referred to as mouth ulcers or oral ulcers.

The medical term for canker sores is recurrent aphthous stomatitis (RAS). Medical professionals also use the terms aphthous stomatitis or aphthous ulcers. In this report, we'll use the term canker sore but you should understand that you may occasionally hear canker sores referred to by one or more of the terms below:

**recurrent aphthous stomatitis**  
**RAS**  
**aphthous stomatitis**  
**aphthous ulcers**  
**mouth ulcers**  
**oral ulcers**

*Important note: the terms "cold sore" and "fever blister" are not synonymous with the term "canker sore". Many people, including doctors, confuse these terms all the time.*

### What Are Canker Sores?

Canker sores begin as a small red spots inside your mouth. They grow in circumference before turning into painful ulcers. Depending on the severity of the outbreak, normal activity including eating, talking and sleeping can become. There are 3 types of canker sores, classified according to their size and duration.

#### 1. Herpetiform:

These canker sores are pinpoint in size (2-3 millimeter). Often these pinpoint canker sores merge into larger ulcerations. This is one of the rarer forms of canker sores.

#### 2. Minor Recurrent Stomatitis:

Small canker sores usually less than one centimeter in diameter. This is the most common form of canker sores, accounting for nearly 70% of all cases. Usually these canker sores heal within 7-14 days with little or no scarring.

#### 3. Major Recurrent Stomatitis:

These are larger canker sores often greater than 1 cm in size. These canker sores can take longer to heal (up to three weeks or longer) and may leave scarring after they heal.

The first canker sores usually occur between the ages of 10 and 20. During life, episodes usually, but not always, become less frequent and less severe. Interestingly, canker sores affect people to varying degrees. Some people may get an occasional outbreak of canker sores once or twice a year, while others may suffer near continuous overlapping episodes of canker sores.

### Who Gets Canker Sores?

Lots of people get them. Nearly 54 million Americans suffer with canker sores. Women often report increased susceptibility to canker sore formation during certain times of their menstrual cycle and some women report complete relief from canker sores during pregnancy.

Canker sores also run in families. Often people with canker sores have siblings, parents, grandparents or other relatives with canker sores. This may be due to a genetic link or the fact that people in families may do the same things that make them susceptible to canker sores. They may, for example, eat the same foods or respond the same way to stress (major causes of canker sores).

### Why Exactly Do Canker Sores Hurt So Much?

Think of a canker sore as an open wound – the very same type of wound that you might get if you cut yourself or scraped your knee. When this happens tender nerve endings right below the skin are exposed. If we cut ourselves or scrape our knee a band-aid can cover and protect these very sensitive nerve endings. A band-aid also prevents the injury from getting infected. Soon a scab forms over the wound, further protecting these nerve endings as the injury begins to heal itself.

Inside our mouths the situation is very different. Here we can not apply band-aids and scabs do not form, so the canker sore now represents an open wound which simply cannot heal. Consequently, the *nerve endings of the canker sore are constantly irritated, causing extreme pain*. This also leaves the canker sore **vulnerable to infection** by the millions of bacteria that live in our mouths. Such infections increase the pain even more!

What can we do? Traditionally marketers have peddled a wide assortment of gels, ointments, and rinses to try to relieve the pain. Usually these provide only temporary relief at best. We have found a revolutionary product that acts like a liquid band-aid to stop canker sore pain instantly and prevent infection of the canker sore. We'll tell you more about this a little later. Right now let's talk about **the biggest mistake people make when fighting canker sores**.

### The Mistake People Often Make When Dealing With Canker Sores

People make the unfortunate mistake of confusing canker sores with cold sores (cold sores are also called fever blisters).

**This can be a huge mistake because methods for successfully treating cold sores differ from those for successfully dealing with canker sores.**

Even medical professionals confuse the two, sometimes suggesting cold sore medications for the treatment of canker sores. Not understanding the difference, however, will leave you spinning your wheels in the fight against canker sores. We now know what canker sores are, what then are cold sores?

### What Are Cold Sores?

Cold sores are those unsightly lip blisters that cause millions of people pain and social embarrassment. What are they and how do we prevent them?

The herpes simplex virus causes cold sores. Surprisingly, most of us are infected with the virus as children. In fact, about 80% of the population has the virus, which hides in the nerve cells of our face. While most people with the virus will never experience any symptoms, about 20-30% of those infected will reactivate the virus.



Once reactivated, the virus travels down the nerve cells to the skin surrounding the lips. Often people feel a “tingling” feeling right before the appearance of fluid filled blisters that eventually burst and scab over. These cold sores heal in about 7-10 days.

The herpes virus that causes cold sores is **highly contagious** during its reactivation, especially when the fluid filled blisters break (this fluid is full of virus particles). People with cold sores should wash their hands after touching cold sores as the virus can be spread from the lips to other areas of the body including eyes, fingernail beds and genital areas.

Never share towels, razors, lipstick or other personal items with people with cold sores as these items can transmit the virus. **At all costs avoid kissing** (saliva contains the virus) **and any sexual contact**, including oral sex which can transmit the virus to the genital areas, resulting in genital herpes.

How do you stop cold sores? The key is to avoid things that activate the cold sore herpes virus. These include colds and other illnesses; physical and emotional fatigue; dry or chapped lips; UV sunlight; and injury to the lips. People suffering with occasional cold sores should try to get plenty of rest and avoid stress as much as possible. It's important to keep lips moist with a lip balm that protects against both UV-A and UV-B sunlight. Using an anti-viral medication, beginning with the first “tingling” sensation reduces the healing time.

Some advertisers claim anti-viral medications work for cold sores and canker sores. Here's the plain truth. Anti-viral medications do absolutely nothing to stop canker sores. The simple reason is that canker sores are not caused by a virus!

We just mentioned that cold sores are very contagious. You'll be glad to know **that canker sores are not contagious**. You can't pass canker sores from person to person. Below we summarize some of the crucial differences between canker sores and cold sores.

### **Canker Sores (also called Mouth Ulcers, Oral Ulcers, Aphthous Ulcers):**

1. Shallow ulcers that occur only inside the mouth.
2. Caused by a virus. Antiviral medications will not work on canker sores.
3. Not contagious, meaning they can not be spread from person to person.
4. Prevented by eliminating certain triggers (discussed later in this guide).

### **Cold Sores (also called Fever Blisters):**

1. Begin with small fluid-filled blisters called vesicles. The vesicles break open, release contagious viral particles and then scab over.

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2. Usually occur on the **outside of the mouth**, usually on the lips. Sometimes they occur on the inside of the mouth. When they do occur here, cold sores appear on bound (non-movable) sections of the mouth such as the roof.
3. Preceded often by a “tingling” feeling around the mouth.
4. Contagious, meaning they can be easily spread from person to person.
5. Caused by a virus. They can be treated with anti-viral medications.
6. Prevented by eliminating stress, exposure to the sun, and dry lips.

**Chapter 3:**

**REVEALED:**  
**The simple secrets to living a  
life free of canker sores!!!**

**Start Living A Life Free of Canker Sores**

By the time you finish reading this chapter you will have gained the knowledge to stop canker sores for the rest of your life. Thousands upon thousands of people are freeing themselves from the pain of canker sores. You will be next.

What's the key to wiping out canker sores? Here's the formula in a nutshell.

Science does not know the exact cause of canker sores. What is known, however, is that certain "triggers" initiate the formation of canker sores. By eliminating these triggers, you can stop canker sores, once and for all. Its actually that simple and people are doing it every day.

The secret is finding and eliminating the right canker sore triggers. Everyone has a different set of triggers that set off their canker sores. The trick is to start with a complete list of known triggers and then determine which ones are the most important for you. This information is simple, but extremely powerful. By eliminating your personal canker sore triggers, you can live a life free of annoying, painful canker sores.

We estimate that over 98% of people will stop the canker sores in their lives, regardless of whether they've had them for a year, five years, 30 years, or their entire lives. We've seen it done over and over again. People just like you ***are now canker sore free.*** Simply by removing one or more of these triggers from their lives.

Eliminating these triggers can be quick and easy. But before you can do this, you have to know what the triggers are. That's where our five years of research come in to play. Over the past five years we have investigated and tested the most potent canker sore triggers. In the next few pages, we reveal the six most common ones and walk you step by step through each one, leading you on a path to a canker sore free existence.

Let's get started with the first canker sore trigger .....

### CANKER SORE TRIGGER #1

**"Let me tell you, I've found something that stops  
canker sores in all of my patients"**

This may be the MOST IMPORTANT CHAPTER about canker sores that you read in your entire life!!!!

What I'm about to tell you sounds almost too good to be true. In fact, it took us a while to believe it ourselves. The answer to our search for a canker sore cure was literally STANDING RIGHT IN FRONT OF OUR FACE !!!

Yet, it took a conversation with our dentist friend to reveal the secret. You see we had been searching for a real way to stop canker sores. Things at this point were not looking good.

Seven months of research and nothing to show for it, not even any good leads. Yes, we heard about a miracle cure here and there. We even tested a few, but **nothing really seemed to work**. Then fate stepped in and ended our search by giving us a ray of hope.

It was late one hot summer night. We were in the home of our dentist friend who operates a thriving dental practice in a nearby suburb of Philadelphia. The conversation focused on gum recession and how people can avoid it. Our dentist friend had just finished talking about a new solution for this age old problem.

"I wish there was a similar simple solution for canker sores," I said half-heartedly.

The dentist's eyes lit with excitement. Like an excited school kid dying to let you in on a secret, he let out a sly grin. Then he said, "I've found something that stops canker sores in all my patients."

Perhaps noticing the unbelieving expression on my face he explained further .....

"Its all in the toothpaste. I just give them a SLS free toothpaste and their problem is solved. **THEY LOVE ME FOR IT.**"

He explained that SLS is an ingredient in almost all toothpastes that maybe shouldn't be there. It creates the foaming action we get when we brush.

This *sounded* interesting, but deep down we were still skeptical. In the last 7 months we had seen way too many miracle cures that turned out to be duds. At this point we were taking everything with a grain of salt.

However, we could not ignore the fact that we ACTUALLY KNEW a person who was using SLS free toothpaste to stop canker sores in their tracks.

Perhaps sensing our skepticism, the dentist put us in touch with an expert – a Ph.D. chemist who had designed a new toothpaste from the ground up. This guy was sharp. He could tell us everything there was to know about every chemical ingredient in toothpaste and many other health care products. He knew more about toothpaste than we learned the whole past year.

We asked him about SLS and his temples flared. SLS in his opinion was one of the worst ingredients in toothpastes. He suggested people with canker sores should have absolutely nothing to do with it. In fact, when designing a new toothpaste, the first thing he left out was SLS.

It was hard to suppress our excitement. But still we had seen promising things before only to throw them on the trashpile of false cures. So we stayed skeptical.

It was the trip to the dental school library that **reinforced our excitement**. Buried in a couple of dental journals like lost family heirlooms were two articles containing breakthrough research on SLS.

Dental researchers in the US and Norway reported that 4 out of 5 canker sore sufferers enjoyed significant canker sore relief simply by switching to a toothpaste free of SLS (sodium lauryl sulfate). No more canker sores or at least significantly reduced frequency and pain!!!!

We rushed to publish the results on our website and on our canker sore bulletin board – and then sat back anxiously waiting for a response.

**SUCCESS!!!** – a flood of responses came pouring in.

E-mails were heartfelt. People searching their entire lives, over 30 YEARS in some cases, finally finding relief by using SLS-free toothpaste.

I'll tell you, you can not imagine the FEELING of improving someone's life just by giving them new information. The high you get when your work **ACTUALLY CHANGES PEOPLES' LIVES** is incredible. Its like nothing else in the world.

Our hard work had finally paid off. Instantly, the hours alone in the library, all the time spent online, the years of investigation seemed like nothing when compared to the life changing results we saw.

### **So What Exactly is SLS?**

SLS stands for Sodium Lauryl Sulfate (also called sodium laurel sulfate) and is found in almost every toothpaste on the planet. It creates the foam we get as we brush our teeth. SLS is a cheap and powerful synthetic detergent that is also found in floor cleaners, hand soaps, and shampoos. It is used to do tough cleaning jobs.

SLS is also a strong irritant inside the mouth. It causes excessive sloughing of the oral mucosa (the membranes of the mouth) in the majority of people. This is not a good thing for anybody, but it has terrible consequences for people who suffer with canker sores. In 4 out of 5 sufferers, switching to an SLS free toothpaste results in either reduced frequency and severity of canker sore attacks, or the complete elimination of future attacks. New studies are revealing that SLS may even contribute to gum disease.

Picture this, even the so called "natural toothpastes" have SLS. You purchase them thinking you're getting something better and surprise, the SLS affects you the same as with your old toothpaste.

**If you're tired of living with canker sores, our #1 suggestion is to start using an SLS free toothpaste today.**

Let this fact sink in for second. Living a life free of canker sores could be as easy as switching your toothpaste.

We have created a list of canker sore free toothpastes in our appendix for you. But let me mention one briefly. This SLS free toothpaste **STANDS HEADS AND SHOULDERS ABOVE THE REST**. Its called Enamel Saver toothpaste and it is simply incredible. People cannot stop talking about it enough. We've listed a few of their comments below. In fact, we've received so many comments that we now sell it on our website at [www.saveyoursmile.com](http://www.saveyoursmile.com)

"After years of an on and off battle with Canker Sores, I finally resorted to the web to see if there was anything out there that I hadn't tried before. So in my search of Canker Sore relief, I came across this website and ended up ordering the Enamel Saver. I was amazed to say the least. Haven't had a Canker Sore in over 5 months! As soon as I ran out and had to resort to my husband's toothpaste for a couple of days a Canker Sore developed. I will not let my supply run out again!"

-M Collier, Oregon City, OR

"I have been using Enamel Saver for the last 2 years. Throughout my life, I have had a constant problem with canker sores. Since using Enamel Saver, I cannot remember the last time that I had a canker sore!"

-Daren Sanborn, Portsmouth, NH

“I've had one canker sore in my mouth after another. I started using Enamel Saver about 3 years ago, and I haven't had many at all, only if I bite myself, sometimes it gets a little sore. Thank You so much for this toothpaste. I was desperate before that, I started searching the Internet, and I found your Web . I have been using Enamel Saver ever since. It's worth every penny that it costs. I am a Diabetic, and my gums used to get sore and bleed, all the time. Now, that problem is solved. My dentist advised me to "Go for it" if it works.”

Ms. Rose Deimler, Leesburg, VA

“I am 30 years old and I have canker sores all my life. I try everything to cure my disease and nothing happened, until I found Enamel Saver one year ago, now I'm happy because I am not suffering from that nasty disease anymore. I will recommend your product. Thank you.”

Ana Clariza, Lauderhill, FL

“My son had continuous canker sores for over a year. I found your website, ordered the Enamel Saver toothpaste, and he instantly stopped getting canker sores! He has since gone to college, and while he was there, ran out of Enamel Saver and used a store brand. Within 2 weeks, his canker sores had returned. He is now a firm believer in Enamel Saver.”

Denise Warner, Ubly, MI

“I haven't had a canker sore since I've been using this toothpaste. I suffered with them for years.”

J. Ziegler, Blauvelt, NY

“I have suffered from canker sores since grade school. Over the past 5 or 6 years they have become more intense. About 6 months ago, after a very severe bout, I was desperate to find a solution. I found a web site for Enamel Saver and decided to give it a try. I am a sceptic by nature and had no hope that this would work. After using the toothpaste for a couple of weeks I did get a sore but it was very mild to what I had experienced the years prior. I stuck with it and have been

canker sore free since. I cannot ever remember a 6 month period without a canker sore.

My wife is also a sufferer and has had similar results. At one point she went off the toothpaste for a week and contracted a sore almost immediately. Just another bit of evidence that this stuff really works. I am a believer.”

S. Ruddell, Gurnee, IL

For more information on Enamel Saver and to find out how to obtain it see our resource section in the appendix or call toll free 1-888-309-1326.

I can hear you saying, “OK if this is so great why not stop the report here? You've seem to have found the cure for canker sores.”

If life were only that simple. It seems that although SLS toothpaste can cure canker sores in approximately 70% of sufferers, not everyone benefits from SLS free toothpaste. That's the honest truth. We estimate from our experiences that:

1. Approximately 70% of people have almost no new canker sores after switching to SLS free toothpaste.
2. About 20% have a great response when they use SLS free toothpaste. They'll see a reduction in the frequency and severity of their outbreaks. By using SLS free toothpaste and eliminating one or more of the triggers we will talk about next, these people become virtually canker sore free.
3. About 10% show no difference with SLS free toothpastes - but all is not lost, we'll talk about help for these people a little later.

For those who can't find complete relief, SLS free toothpaste is the first step. By combining an SLS free toothpaste with the elimination of other canker sore triggers, these people are well on the path to a canker sore free existence.

In medicine this process is called “cocktailing.” For example, one chemotherapy drug may work wonders, but when combined with another chemotherapy drug it works even better. The combination of three or more drugs works like magic to successfully treat the patient of their cancer.

The same is true for people who are not completely cured with SLS free toothpaste. When SLS free toothpaste is combined with the elimination of one or more of the canker sore triggers we'll talk about next, canker sores can be totally eliminated. Let's see about the other canker sore triggers .....



### CANKER SORE TRIGGER #2

**“One Man’s Food is Another Man’s Poison”  
-Hippocrates**

The importance of food to life is obvious. Our very existence is depends on it. Yet, the very same food can be harmful, even deadly. Did you know that thousands of people have a severe reaction to certain foods that can kill them if they don’t seek medical attention?

Typically these people will react with a variety of symptoms after eating a food that they are allergic to. These symptoms include swelling of the throat and mouth, hives, vomiting, abdominal cramps and in severe cases a drop in blood pressure, loss of consciousness and death.

These people must always be aware of the foods they eat, reading labels and asking specific questions about foods on restaurant menus. Common foods that cause these severe reactions include shellfish, soy and peanuts.

**Here’s a fact. Although not nearly as severe or deadly as the food allergies mentioned above, many people suffer from canker sores triggered by the foods they eat.**

These are not just any random foods, but specific foods. The problem in the past has been identifying which foods are the culprits.

Imagine, the next bite of your favorite food could be a one way ticket to a mouth full of canker sores. What if someone could come up with a simple list of foods that act like canker sore magnets? How much would this list be worth to you?

Well someone has come up with just a list. Researchers in two separate groups isolated foods that cause canker sores. When research volunteers were given a diet free of foods on the list, **over 40% had significant reduction in their canker sores!**

What is this list of foods? We call it the Canker Sore Sufferers Most Wanted List. Here it is:

#### **Canker Sore Sufferers Most Wanted List**

**Buckwheat, whole wheat, rye, barley, flour**

**Chocolate**

**Nuts (peanuts, walnuts, chestnuts, almonds)**

**Figs**

**Shellfish**

**Soy  
French mustard**

**Vinegar**

**Pineapples**

**Apples**

**Tomatoes**

**Lemons**

**Cheese**

**Milk**

This list is like pure gold to any canker sore sufferer. Now for the first time you have a guide that can direct you away from foods that are canker sore triggers.

We got first hand proof of how powerful this list is from our very own website. Almost everyone who posted to our internet bulletin board complaining of getting canker sores after eating food, MENTIONED A FOOD ON THE LIST.

Like magic! Someone would describe their horror story, their canker sore food nightmare, and there right on the list would be the food they mentioned. You may be interested in which ones were the top offending foods, the ones people complained about the most.

1. Chocolate – of all things. One of life’s little pleasures. Giving up chocolate, could make you canker sore free. Given that perspective, avoiding chocolate is a small price to pay for a lifetime free of canker sore pain.
2. Nuts – all types of nuts cause people major problems, including walnuts, peanuts, almonds, and chestnuts.
3. Beer. That’s right beer. I hear you saying to yourself, “Hey wait a minute, that’s not on the list.” Well, beer is made from rye or barley which are on the list. As such, beer is a potent canker sore causing food.

Surprisingly, many of these foods are the same ones that are life threatening to people with food allergies. In certain people foods cause life threatening allergic reactions, in some others the same foods can trigger a much less severe reaction characterized by canker sores.

What does this mean for you? You now have a powerful list guiding you to a canker sore free existence. Now keep in mind, this only works if you have sensitivities to one or more of these foods.

The results of research studies clearly show that many people do have sensitivities to these foods. The studies suggest that up to 40% of canker sore sufferers have sensitivities to one or more of the foods on the list. The other 60% do not have a food sensitivity. Their canker sores are probably caused by something else.

So how do you know if you suffer from canker sores because of a food in your diet? You have to test each food on the list until you identify which one(s) cause your canker sores. It maybe all of them or just maybe one or two. The point is you now have a comprehensive list to start from! No more guessing.

We suggest eliminating one of the foods from the list at a time from your diet, then watch for a change in your canker sores. Start with the most common foods that lead to canker sores - the ones at the top the list. If you see no improvement proceed down the list.

**You're probably saying to yourself that this will take time. Yes it will, but a LIFE FREE OF CANKER SORES is well worth it. Don't you think so?**

### CANKER SORE TRIGGER #3

You don't realize it yet, but in the next few minutes, you're going to learn about a simple, technique that has literally made thousands of people canker sore free. Before we get to this, let me tell you a little story.

Imagine you're a 18<sup>th</sup> century British sailor. You've been out to sea for months when you start to feel weak. Stiff joints, exhaustion, and diarrhea confine you to your bed. Your horror increases as your teeth fall out every time you talk. Eating becomes impossible as your gums begin bleeding profusely, erupting with huge sores. You notice blood on your cot, an indication of old scars and wounds that have split back open. Over the coming days you'll start bleeding beneath your skin and will die a sad, gruesome death as you begin bleeding internally.

This was the cruel fate suffered by thousands of sailors. The cause? A simple LACK OF VITAMIN C.

The condition is known as **scurvy** and it devastated the shipping industry of the 18<sup>th</sup> century. In some cases more sailors were lost from scurvy than from storms, shipwrecks and piracy. All of these deaths were due to the simple lack of a vitamin in the diets of these sailors.

By now you're probably thinking, what does this have to do with canker sores? Just one more minute and I'll let you know.

You may think that such a condition as scurvy could not occur in modern day America. In fact, however, according to a national health and nutrition survey, over 10% of adults have such low vitamin C levels that they can be classified as having scurvy.

While not as devastating as the scurvy faced by 18<sup>th</sup> century sailors, this mild type of scurvy leads to bleeding gums, skin that bleeds easily, and delayed wound healing. All because these people do not get enough vitamin C.

**The simple fact is** that in 21<sup>st</sup> century America, we simply do not eat well balanced diets! With our fast paced society and love for processed foods, we simply do not eat the way we should, missing out on many key vitamins and minerals. As you have seen, the lack of certain vitamins can cause serious medical problems.

**Did you know that hundreds of thousands of people suffer with canker sores *simply because they are not getting all of their vitamins in their diets?***

Stop. Let this sink in for a minute. Something as simple as your poor diet may be sentencing you to a life of canker sores. Remember when you were a kid and your mom made sure you took your vitamins. Well, believe it or not, it turns out that mom knew best!!!

Research studies have shown that up to 20% of all canker sore sufferers have deficiencies in one or more of the following vitamins: **folic acid, thiamine (vitamin B1), riboflavin (vitamin B2), pyridoxine (vitamin B6), vitamin B12 and iron.**

These studies have been confirmed by the actual experiences of people who e-mail us or who visited our canker sore bulletin board during the years it was active. Can you see why we're so excited about this finding?

I can almost hear your mind saying, "Could it be as easy as that? A few vitamins a day to make my canker sores vanish for good." **For many people it is just that easy**, but only if the lack of vitamins is one of their canker sore triggers. And according to studies, the lack of vitamins is a canker sore trigger for a large percentage of canker sore sufferers.

We suggest a good multi-vitamin. Generally, **sustained release** formulations are the best types of multi-vitamin supplements to buy. They are often called "stress formulations." If you are a canker sore sufferer make sure your multi-vitamin contains:

**Vitamin B1 (thiamine)**

**Vitamin B2 (riboflavin)**

**Vitamin B6 (pyridoxine)**

**Vitamin B12 (cyanocobalamin)**

**Folic Acid**

**Iron**

Or better yet, consult your physician who may be able to tell you for which vitamins you are deficient. This may be the most important thing you do to wipe canker sores from your life forever.

## **CANKER SORE TRIGGER #4**

### **“I looked into the face of the enemy, and the enemy was me”**

As you pay close attention to this page, you'll begin to realize that when it comes to canker sores you may be your own worst enemy.

#### **The Damage That Certain Foods Cause**

Damage to the tissue lining your mouth is **one of the leading causes** of canker sores. By avoiding damage to the inside of your mouth, you can prevent canker sores. Sounds easy, right? You'd be amazed though at how even simple damage starts the canker sores rolling. Did you know, for example, that eating hard or crunchy foods can cause enough damage to your mouth to start canker sores? Just think, your favorite potato chips or pretzels may be causing your canker sore misery.

Hard candy is a culprit as well. The problem with hard candy is that it forms sharp edges as you suck on it. These hard edges nick the inside of your mouth, cutting the soft tissue lining your mouth and leading to canker sore formation. Where there's tissue injury, there's canker sores soon to follow.

The simplest advice we can give, **is to avoid any hard food that you think might cause even the slightest trauma to the inside of your mouth** (candy, pretzels, cut apples, bread sticks, etc). Giving up your some of your favorite snacks is hard, but we think you'll agree that it's a small price to pay for freedom from irritating canker sores.

#### **Nervous Habits – Pathways to Canker Sores**

We've all done it. Chewed on a plastic pen cap or bitten our pencils as a nervous habit. Some of us even bite the inside of our mouths when we get nervous. Yet, these simple nervous habits can damage the inside of our mouths. For many people, this doesn't cause a problem, but for those of us susceptible to canker sores, such habits are just the thing to bring on a full outbreak of canker sores.

The problem is that you're not even aware of your nervous habits. What can you do? Get a “canker sore buddy.” This is a friend or loved one that warns you when you practice your nervous habits. By doing this your canker sore buddy saves you the pain and frustration of canker sores later.

#### **The Daily Routine That's the Leading Cause of Oral Damage**

The leading cause of mouth trauma is simple, everyday toothbrushing. That's right – toothbrushing.

In just a second we'll tell you how toothbrushing causes injury to your mouth, leading to canker sores. But first lets find out why we even brush our teeth.

Here's a startling fact. Our mouths are homes for billions of bacteria. These microscopic monsters live, work and play on our teeth, gums and tissues lining our mouths. They're covered in plaque, a combination of protein and general food debris.

If that wasn't bad enough, these bacteria aren't simply harmless by-standers. They feed on left over food particles, creating acid as a by-product. This is the very same acid that **eats into your tooth enamel, creating cavities!** The very same bacteria also pour out volatile sulfur compounds (VSC). **These VSC's are the main cause of bad breath!**

That's why we brush every morning. Brushing our teeth cleans our mouth of these bacteria. Flossing gets rid of the bacteria hiding *between* our teeth.

So if we are just cleaning out bacteria how does toothbrushing cause mouth trauma?

***The simple fact is that nearly two out of three people brush their teeth too hard!*** Experts agree that our brushing habits absolutely traumatize our mouths.

You can visualize how most people brush – scrubbing up and down with the same brute force one might use to scrub out carpet stains. You'd think the harder you brushed, the cleaner your teeth would become. Unfortunately, this simply isn't true.

**Surprisingly, brushing harder doesn't get your teeth any cleaner.**

What's more important than how hard we brush is that we brush all of our tooth surfaces. It takes nearly 3 minutes to do this. Yet, most people spend less than 30 seconds brushing their teeth, missing spots where bacteria grow wild.

Plaque bacteria is easily removed with even the *slightest* of brushing pressure. When we brush harder we don't remove more plaque bacteria, we simply do more damage. That's right, brushing harder causes *more* damage including:

### **Damaged Gum Tissue That Leads to Gum Recession**

Brushing too hard causes the gums to recede. This unsightly gum recession can ruin an otherwise perfect smile. Unfortunately, gum tissue never grows back. Gum tissue also serves as a physical barrier to bacteria and their harmful by-products. Gum injury therefore makes you more likely to develop gingivitis and gum disease.

### **Damaged Tooth Enamel**

Brushing too hard damages tooth enamel making your teeth sensitive to heat, cold and other stimuli. Damaged enamel also reveals the underlying tooth layer called dentin. Since dentin is yellowish in color, the result is an ever increasing yellowish smile. As with gum tissue, enamel never grows back.

**More importantly, for canker sore sufferers brushing harder causes the damage that leads to canker sores.**

It's incredibly difficult to stop brushing so hard. You may stop for a day or two but you'll quickly return to your old brushing habits. We have nothing to gauge or measure just how hard we're brushing. The problem is that brushing is a habit we reinforce day after day, for our entire lives!

Remember, two out of three people brush too hard. Until now we had no way of knowing just how hard we were brushing. Now several new toothbrushes have solved the problem.

We HIGHLY RECOMMEND one of the new models of plaque removers (also called electric toothbrushes). The two best selling plaque removers on the market, the [Braun Oral-B 3D](#) and the [Sonicare Plaque Remover](#) contain pressure sensors that **automatically stop the brush** when you exert too much pressure. In this way they prevent the trauma that leads to gum damage, enamel damage, and **canker sores**.

A less expensive option is the [Alert therapeutic toothbrush](#). Developed by a Pennsylvania company called Bioware, the Alert toothbrush is the same size and shape as a regular toothbrush. When you apply too much pressure a small biosensor lights, alerting you to the danger.

Once you have "trained" yourself to brush more gently with the Alert, you can return to using a normal toothbrush without fear of causing trauma that can trigger canker sores, as well as cause tooth and gum damage. The Alert toothbrush is available at <http://www.thealerttoothbrush.com>

### Quick Tip

If you suspect that oral trauma triggers your canker sores, tell your dentist before having any dental work done. The dental work itself causes a degree of mouth trauma. We've actually heard stories of people visiting the dentists office only to come home and develop a mouth full of canker sores. By warning your dentist, he or she can take steps to minimize the trauma as much as possible.



### CANKER SORE TRIGGER #5

You may be surprised, but some medical conditions can actually cause canker sores along with other symptoms. When these conditions are treated, the canker sores disappear as well. We have seen several cases where people are now canker sore free after having been diagnosed with one of these medical conditions. Below we describe three of the most common medical conditions that often result in canker sores.

#### **Celiac Disease (also called Celiac Sprue)**

Celiac disease, also called celiac sprue, affects about 1 in 200 Americans. It's the result of the body's inappropriate response to a protein in wheat, rye, and barley called gluten. This inappropriate response to gluten damages the lining of the small intestine. This damage makes it difficult for the body to absorb nutrients and vitamins from the food we eat. Celiac disease can occur in childhood or affect people later in life.

**In some cases canker sores may be the only symptoms of celiac disease.**

Often, however, canker sores occur along with other symptoms that include **diarrhea at night, fatigue, weight loss, and iron deficiency anemia. Bleeding difficulties and osteoporosis** sometimes occur as a result of the inability to properly absorb vitamin K and vitamin D. Your physician can perform an IgA tissue transglutaminase test or perform a small bowel biopsy to determine the presence of celiac disease.

**Dermatitis herpetiformis** is a condition that sometimes occurs as a result of celiac disease. It is characterized by itchy, blistering skin in the elbows, knees, buttocks, and back. It is sometimes called "elbow acne."

The primary treatment for celiac disease is the avoidance of any foods that contain gluten. These include foods such as wheat, barley, rye, beer, and malted breakfast cereals. The majority of patients on such gluten free diets show dramatic improvement within two weeks of starting the diet.

#### **Periodic Fever, Aphthous Stomatitis, Pharyngitis and Adenopathy Syndrome (PFAPA)**

Periodic Fever, Aphthous Stomatitis, Pharyngitis and Adenopathy Syndrome or PFAPA is a condition that occurs in children. These children will experience episodes of **fever** combined with **canker sores, sore throats** and **enlarged lymph nodes**.

The fevers and other symptoms subside before recurring approximately every three to six weeks. In between episodes of fever, the children are completely healthy. Scientists do not know the exact cause of PFAPA but treatment of children with prednisone or cimetidine had been successful at treating PFAPA.

### Behcet's Disease

Behcet's disease is a condition that can affect the skin, eyes, gastrointestinal tract, joints, blood vessels, and nervous system. Although, anyone can get Behcet's disease, it most often affects people of Middle Eastern and Asian descent. The onset of Behcet's disease usually occurs when people are in their 30's or 40's, but it can occur earlier. Scientists do not know the exact cause of Behcet's disease but do know that overactive cells called neutrophils along with inflammation of blood vessels play key roles in causing the disease.

Behcet's disease is characterized by the presence of **canker sores, genital ulcers, eye lesions, skin lesions, and joint pain**. Canker sores, in fact, are often the first signs of Behcet's disease and are seen in 100% of the patient's with the disease. Early detection and treatment of Behcet's disease is important as this can prevent blindness, damage to large blood vessels, and in severe cases, dementia. Treatment of Behcet's disease with steroids such as prednisolone and methylprednisolone has been effective as has been treatment of the disease with the drug colchicine.

### CANKER SORE TRIGGER #6

#### “Stress Kills”

If you look at all of the medical complications caused by stress you'd realize that the quote “stress kills” is probably correct. Uncontrolled stress causes severe medical problems including migraines, high blood pressure, heart disease and gastric/intestinal disorders. It puts us at increased risk for colds, flus and other infections. Stress can suppress the reproductive system resulting in impotence and a lack of menstruation. It accelerates the aging process and can contribute to adult onset diabetes.

*Not surprisingly, stress is a leading cause of canker sores!*

We all feel stress at one time or another. Stress is simply the body's reaction to perceived threats or harmful stimuli. In response, the body increases heart rate, increases blood pressure and releases a host of cytokines and other chemicals.

While stress is meant to be a protective mechanism, in today's fast paced society we experience so much stress so often, that it becomes dangerous to our health.

Several studies have shown an increased incidence of canker sores among groups that are highly stressed. Medical students and dental students, for example, lead an extremely demanding and stressful life. One study showed that **66% of these students suffered with canker sores** – a much greater percentage than that suffered by the general population.

Many of the contributors to our canker sore bulletin board have relayed dramatic accounts of how they experienced canker sores during stressful times in their lives and how the canker sore episodes went away when they learned how to better manage stress.

We always recommend people with canker sores to reduce the stress in their lives. With the fast paced demands of daily life reducing stress is often easier said than done. Its well worth then effort, however, since reducing stress has major health benefits and just may prolong your life.

We have identified two great books for helping you understand and deal with stress. They are “**The Relaxation & Stress Reduction Workbook**”, written by Martha Davis, PhD, Elizabeth Eshelman, MSW and Matthew McKay, PhD. This book is published by New Harbinger Publications, Inc. and has received 5 out of 5 stars by readers who purchased it from Amazon.com

Another great book is “**The 14 Day Stress Cure**” written by Morton Orman Ph.D. and published by Breakthrough Publishing. This book was voted “outstanding book of the year” by the National Association of Independent Publishers.

**Chapter 4:**

**The easy to follow canker sore busting  
action plan for finding your  
personal canker sore triggers**

If you're still reading, you know we have just revealed powerful information about canker sore triggers. The question now is where to start? How do you find the triggers that cause **your** canker sores? This is where our easy to follow **canker sore busting action plan** comes into play.

We don't want you to start guessing what to do. With our canker sore busting action plan you target **the most common and easiest to eliminate triggers first**. By doing this you quickly and easily find out which triggers cause your canker sores.

By following this method most people don't even get past Step #1 before they find and eliminate the triggers causing their canker sore misery. For others it may take three or four steps. A very few people must take 6 or 7 steps but the amazing thing is that even these people find a life free of canker sores at the end of their journey!

Can you see why we are so excited? For the first time, a step by step plan for stopping canker sores. So lets dive in and get started.

**Canker Sore Busting Action Plan**

**CRITICAL POINT:** As you use the action plan remember to continue doing what you did in each previous step when you proceed to the next step. We've found that if you do not respond to the trigger in Step #1, by eliminating the combination of triggers in each of the following steps, you will be able to wipe out canker sores once and for all.

Before you begin following the Canker Sore Busting Action Plan you must start a canker sore diary. This doesn't have to be anything fancy, a simple wirebound notebook will do. In this notebook you'll keep track of each canker sore outbreak. As you experience an outbreak, write down the number, size, location, how much they hurt, and where they are located. This is extremely important as it lets you determine which steps of the action plan are working, helping you identify your personal canker sore triggers.

**STEP 1**

To start we'll begin with the canker sore trigger that affects most people. In fact, we estimate that approximately 70% of all people will enjoy *complete freedom* from canker sores after following this simple step.

If you suffer from canker sores the **very first thing** you must absolutely do is throw away your current toothpaste and start using a toothpaste that **DOES NOT CONTAIN SLS (SODIUM LARYL SULFATE)**. This one step alone has saved thousands upon thousands of people from the misery of canker sores. There are only four toothpastes on the market that do not contain SLS. We list them in our appendix. We highly suggest Enamel Saver toothpaste. It can be ordered by calling 1-888-309-1326 or ordered online at [www.dzdentalstore.com/cs](http://www.dzdentalstore.com/cs)

People have told us that it takes between two days and two weeks to see the effects of the SLS-free toothpaste. This is because the SLS from your current toothpaste is absorbed into your oral tissue where it can continue to harm your mouth before it eventually is removed from your body. If you do not experience any more canker sores after using SLS-free toothpaste – congratulations you're done. Enjoy your new life.

If you continue to have canker sore outbreaks or see only a reduction in canker sore outbreaks proceed to Step #2.

### **STEP 2**

Make sure to take a daily multi-vitamin supplement that **CONTAINS** Vitamin B1 (thiamine), Vitamin B2 (riboflavin), Vitamin B6 (pyridoxine), Vitamin B12 (cyanocobalamin), Folic Acid and Iron. These vitamins are lacking in a **significant** number of canker sore sufferers.

Generally **sustained release** formulations are the best types of multi-vitamin supplements to buy. Some studies and several people responding on our canker sore bulletin board have stated that vitamin C is beneficial as well. This vitamin can often be found in the same multi-vitamin supplement with the vitamins listed above.

Alternatively, you may want to see a doctor who can determine which vitamins or minerals you are deficient in. Then you can take only these vitamins daily.

If you continue to have canker sore outbreaks or see only a reduction in canker sore outbreaks after switching to a SLS-free toothpaste and taking vitamins, proceed to Step #3.

### **STEP 3**

Oral trauma is one of the leading causes of canker sores. **AT ALL COSTS** you must reduce the trauma to your mouth. One of the easiest ways to do this is to change your brushing habits. We can not stress enough how many people induce their canker sores by brushing too hard. Unfortunately, brushing is such an ingrained habit that you can not change it. It's simply impossible for us to use less brushing pressure after years of brushing so hard.

The easiest way to reduce brushing pressure and the resulting damage is to purchase one of the more advanced plaque removers (electric toothbrushes). These contain pressure sensors that automatically stop the brush when you apply too much pressure. Sonicare and the Braun Oral-B Excel are the best selling brands recommended by dentists.

### Special Deal Information:

We have become aware of a special promotional deal that you can get on the Braun Oral-B 3D Excel plaque remover. With this deal you get an extra handle and extra brush head. Its like getting two toothbrushes for the price of one. In addition you get a \$10 manufacturers rebate and travel case. At \$79.95 this is the cheapest price on the internet (and remember you get an extra handle, brush head, travel case, and \$10 manufacturer rebate). To take advantage of this deal go to [www.stores.yahoo.com/dentalstore/braun3d.html](http://www.stores.yahoo.com/dentalstore/braun3d.html)

### End of Special Deal Information

An alternative is the Alert toothbrush. Its shaped just like a regular toothbrush but teaches you how to brush with less pressure. Its made by a company called Bioware, Inc. Their website is located at [www.biowareinc.com/cankers](http://www.biowareinc.com/cankers)

If you continue to have canker sore outbreaks or see only a reduction in canker sore outbreaks proceed to Step #4.

## **STEP 4**

Be kind to your mouth. As with Step #3 you must stop the oral damage to your mouth. Immediately write down all the nervous habits you are aware of like biting your lip or chewing on pen caps. Next chose a "canker sore buddy." This is a friend or loved one who will remind you whenever you engage in one of these behaviors.

Now you need to make a list of all the foods you eat that you think could cause any trauma to your mouth including potato chips, pretzels, breadsticks and hard candy. Eliminate these foods from your diet. We understand that this is **a major sacrifice** but we assure you **that a life without canker sores is well worth it!**

If you continue to have canker sore outbreaks or experience only a reduction in canker sore outbreaks proceed to Step #5

## **STEP 5**

We saved this step for now because it can take some time to complete, unlike many of the previous steps that are fairly quick to initiate. Although we saved this step for later, it is one of the most effective ways for stopping canker sores and has been estimated to help up to 40% of all canker sore sufferers.

In this step you will determine if you have any sensitivities to foods that might be causing your canker sores. In the last chapter we presented a golden list of foods that experts have shown to cause canker sores in certain people. That list again is:

**Buckwheat, whole wheat, rye, barley, flour**

**Chocolate**

**Nuts (peanuts, walnuts, almonds)**

**Figs**

**Shellfish**

**Soy**

**French mustard**

**Vinegar**

**Pineapples, apples, tomatoes, lemons**

**Cheese, milk**

Eliminate one of these foods (or classes of foods) from your diet for 3 to 4 weeks. Carefully monitor and record your canker sore outbreaks in your diary.

If you do not see any improvement you can start eating the food again. Move on to the next food, eliminating it from your diet for 3 to 4 weeks.

When you see a complete remission in your canker sores, STOP the process.

Congratulations! You have finally found a cause of your canker sores. Simply remove the food from your diet and start your canker sore free life. If you see a reduction in canker sores but not a complete elimination of them, keep that food **off** of your diet and then move to the next food on the list looking for further improvement.

To help you on your search we have ranked the top foods that seem to cause canker sores in visitors to our canker sore bulletin board. By testing these foods first, you may be able to

find which food causes your canker sores faster. Only after testing these foods first should you go on to test the rest of the foods on the list.

**1. Buckwheat, whole wheat, rye, barley, flour (this includes beer as well which is made from these products)**

**2. Nuts (peanuts, walnuts, almonds, cashews)**

**3. Chocolate**

Its crucial to remember that when testing this list you must not only eliminate foods on the list but also products **that contain foods** on the list. If you are eliminating nuts for example, don't eat cookies that contains nuts or breakfast cereal that has nuts.

If after completing Step #5, you continue to have canker sore outbreaks or only experience a reduction in canker sore outbreaks proceed to Step #6

### **STEP 6**

We have read dramatic stories where people have gone to a doctor to take care of a medical condition that they have become aware of, only to find that their canker sores went away when the medical condition was treated. In the last chapter, we described the three most common conditions that cause canker sores.

In Step #6 check for signs or symptoms of any of these medical conditions. If you notice any, you may wish to contact your physician who can help you make a diagnosis. Treatment of the condition can often stop the canker sores associated with it.

#### **Celiac Disease:**

*Canker sores along with some or all of the following:*

diarrhea at night,  
fatigue,  
weight loss,  
iron deficiency anemia.  
bleeding difficulties  
osteoporosis

Dermatitis herpetiformis – this is itchy, blistering skin on the elbows, knees, buttocks, and back. Sometimes called “elbow acne”.



### **Periodic Fever, Aphthous Stomatitis, Pharyngitis and Adenopathy Syndrome (PFAPA):**

In children, *canker sores* along with:

fever  
sore throat  
enlarged lymph nodes

PFAPA recurs periodically every three to six weeks

### **Behcet's Disease:**

*Canker sores* along with some or all of the following:

Genital ulcers  
Eye lesions, eye pain, blurred vision  
Skin lesions / rashes  
Joint pain

If after Step #6, you continue to have canker sore outbreaks or only experience a reduction in canker sore outbreaks proceed to Step #7.

## **STEP 7**

We saved this step for last because it is often the most difficult and longest step to implement. However, the benefits to your health as well as to your canker sores can be simply amazing. This step involves either eliminating stress or more successfully managing stress. We highly recommend the following two books:

“**The Relaxation & Stress Reduction Workbook**”, written by Martha Davis, PhD, Elizabeth Eshelman, MSW, and Matthew McKay, PhD. Published by New Harbinger Publications, Inc.

“**The 14 Day Stress Cure**” written by Morton Orman Ph.D. and published by Breakthrough Publishing.

**Chapter 5:**

**Now you can quickly and easily  
stop the pain of canker sores**

In the last few chapters we revealed some revolutionary secrets for completely eliminating canker sores from your life.

But what do you do if you're dealing with canker sore pain *right now*? What if you haven't had time to identify all of your canker sore triggers and you need the pain to stop today.

Don't worry. In a moment, we'll share some of the **most powerful tools** for eliminating canker sore pain.

If you're a canker sore sufferer you know most pain relief options simply DO NOT WORK. That's exactly why we skip right over the fluff. You know the messy pastes, gels and goos that cost plenty but deliver little in the way of results.

When dealing with canker sores you have a choice. Either rely on the watergun pain relief delivered by some medications, or smash canker sore pain into oblivion with bazooka level pain relief delivered by the products we mention below.

In the next few pages we're going to share with you what people who REALLY SUFFER with canker sores **are using TODAY to stop canker sore pain dead in its tracks**. You can not go wrong with the choices we present. They're based on over five years of personal staff testing as well as over three years of feedback from people on our canker sore bulletin board.

We also asked the experts – the *real* experts in the field for their suggestions. We summarize the results below. This information is like liquid gold – your personal war chest of only the most effective products for stopping canker sore pain.

In Chapter 1 we told you that canker sores are similar to the open wounds you might get if you fell down and scraped your knee or elbow. When this happens, tender nerve endings right below the skin are exposed, causing extreme pain. If nothing is done, the wound gets infected *causing even more pain*.

So how do we deal with canker sore pain? The very same way mom used to when we got scrapes and cuts. Remember back to when you were a kid and you fell and hurt yourself. The very first person you'd run to would be Dr. Mom.

She'd kiss you and take a look at your boo-boo. Then she'd go to work first cleaning off the wound and then applying iodine or some other medication to ease the pain. Finally she'd add a band-aid to stop the pain further and speed the healing.

The *exact same approach works* when it comes to canker sore pain. The very first thing you need to do when you experience a canker sore is wash your mouth with a **good** pain relieving mouthwash. This cleans the wound and provides instant pain relief.

Now we'll be quite blunt. There are relatively few mouthrinses that are worth a dime when it comes to successfully doing this. One in particular stands out. It is called **UlcerEase** and contains the active ingredient phenol. This is powerful stuff. Normally its used by hospitals to treat the pain of the huge mouth ulcers that are caused by cancer chemotherapy. You can order it at [www.dzdenalstore.com/cs](http://www.dzdenalstore.com/cs)

We suggest you start with this nonprescription but **HIGHLY** effective rinse. UlcerEase is easy to use. Simply swish some around in your mouth and spit it out. You'll feel the effects in mere seconds.

If after using UlcerEase you still need pain relief, try the next thing that visitors to our canker sore bulletin board raved about. Its called **Magic Mouthwash**. It's a prescription mixture that your doctor or dentist can prescribe. It usually contains equal amounts of **2% lidocaine, maalox, and liquid benadryl**. Some doctors will use a slight variation on the ingredients. A third alternative for effective pain relief is the analgesic (pain relieving) prescription medication, **5% or 10% xylocaine**. You'll also have to get a prescription from your doctor or dentist for this.

**STOP.** Do not waste your time or money on over the counter, store bought mouthwashes. For effective pain relief, you must use either UlcerEase (what hospitals use), or get a prescription of either Magic Mouthwash or 5% / 10% xylocaine from your doctor or dentist. **Anything else is simply a waste of time.**

The next thing you want to do immediately is apply a "band-aid" to your canker sores just as your mom applied band-aids to your cuts and scrapes. Unfortunately, we can not apply traditional band-aids to the inside of our mouths. Consequently, the *nerve endings of canker sores are constantly irritated, causing extreme pain*. This also leaves the canker sore **vulnerable to infection** by the millions of bacteria that live in our mouths. Such infections increase the pain even more.

Now there is a new liquid band-aid called ORA5. Apply the liquid ORA5 to the canker sore with a q-tip. Two things happen instantly. First the iodine in ORA5 sterilizes the canker sore, cleaning out any bacteria present and preventing infection. Next, the ORA5 forms a white colored membrane, protecting the exposed nerve endings to prevent pain. This membrane also keeps the canker sore from becoming infected by the bacteria within our mouths.

There are some store bought products similar to ORA5, but we have found from responses on our canker sore bulletin board that they are not nearly as effective as ORA5. This product can initially sting when first applied. We suggest first using the mouthwash and then applying the ORA5 liquid band-aid. ORA5 is not found in stores but you can order ORA5 on

the net at <http://www.stores.yahoo.com/dentalstore/orcanprep1.html> or by calling toll free 1-888-309-1326.

The above combination of pain relieving mouthwash such as UlcerEase or Magic Mouthwash combined with a liquid band-aid like ORA5 works wonders for the majority of people. Some people, however, still experience pain despite this. For these people we suggest corticosteroids which can be prescribed by your doctor.

Corticosteroids act by treating the inflammation associated with canker sores (mouth ulcers). These corticosteroids often come in gel or cream form and are usually applied three to four times a day. A significant number of our readers benefit from using corticosteroid gels / creams. Ask your dentist or doctor for either of the following prescriptions:

**.05% Lidex (Fluocinonide) gel.** This is the corticosteroid formulation we suggest for our readers.

**Triamcinolone acetonide**, commonly known as **Kenalog in orabase**. This is another *extremely effective* corticosteroid product.

For the 5% or so of canker sores that do not respond to the pain treatments above, **cautery agents** remain a final option. These agents basically burn the canker sore, killing any infectious agents and sealing the area with a scab that allows normal healing to occur underneath.

These agents stop pain IMMEDIATELY. The only problem is that they must be applied to canker sores by a medical professional. Trying to apply these agents by yourself can be very dangerous as you risk burning healthy tissue. Common cautery agents include silver nitrate and dichloroacetic acid. Perhaps the best cautery agent is debacterol. You can visit their website at [www.debacterol.com](http://www.debacterol.com) for more information.

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Many of our readers asked if we could put together a kit that contains all of the essential canker sore treatment and prevention products they need. We have done just that. Its called the Canker Sore Intro Kit and it contains UlcerEase, ORA5 for pain treatment and well as Enamel Saver SLS-free Toothpaste for Canker Sore Sufferers to help prevent canker sores from even starting. You can purchase this kit by calling 1-888-309-1326 or order it on the web at <http://www.stores.yahoo.com/dentalstore/cansorinkit.html> It comes with a 100% Money Back Guarantee. If you are not satisfied with the results you get with the kit return it for a full and courteous refund. No questions asked.

**Chapter 6:**

**Frequently asked questions  
about canker sores**

**What causes canker sores?**

It is not known exactly what causes canker sores. This is an active area of research. Current theories point to canker sores being the result of a localized auto-immune disorder. It is thought that the body's own immune cells attack the cells lining the inside of the mouth.

While the immune dysfunction is thought to be the underlying mechanism of canker sore formation, it is believed that certain factors initiate the chain of events leading to canker sore formation. These factors or triggers include sensitivity to certain foods, certain ingredients in toothpaste, stress, and trauma to the lining of the mouth.

**I was doing research into what caused my canker sores and came across the terms aphthous ulcers and Recurrent Aphthous Stomatitis. Are these related to canker sores?**

Yes, these terms are just other names for the appearance of canker sores. A canker sore is often referred to as an aphthous ulcer or oral ulcer. Recurrent Aphthous Stomatitis is the medical term given to an outbreak of canker sores.

**Why do canker sores hurt so much?**

Canker sores are actual ulcerations of the skin lining the inside of the mouth. As a result, the sensitive tissue underneath is exposed to the contents of the mouth. Imagine if you were to rub the skin off of your arm and then apply salt water to the affected area. This is basically what is happening inside your mouth with your canker sores.

**I saw an advertisement that mentioned an anti-viral cream that claimed to prevent canker sores. How effective is this?**

Anti-viral medications are mostly useless in preventing canker sores. They are designed to attack the herpes simplex virus, which causes the cold sores people get on the sides of their lips. These cold sores are also commonly called fever blisters. Anti-viral medications do little in stopping canker sores because canker sores are not caused by the herpes simplex virus or any other virus for that matter.

### **I read that potato chips can cause canker sores. This seemed a little ridiculous. Is it possible?**

As implausible as it sounds, potato chips could be causing your canker sores. Here's why. Even minor damage to the inside of your mouth may trigger canker sores. This damage could be caused by something as simple as eating hard or crunchy foods like potato chips. Other common culprits include hard candies that form sharp edges as you suck on them. In susceptible people, these hard edges cause minor trauma to your mouth, leading to canker sore formation.

### **Why do I seem to get canker sores more than my friends or colleagues?**

Canker sores seem to strike people with varying degrees of severity. Some people may get an occasional outbreak of canker sores once or twice a year while others may suffer near continuous overlapping episodes of canker sores. Genetics may play a major role, making some people more susceptible to canker sore triggers than other people. Another reason for why some people get canker sores more than others may be that some people expose themselves to more of their canker sore triggers than other people do.

### **What is the difference between canker sores and cold sores?**

Canker sores and cold sores share many of the same features. Both are painful and both are often caused by stress. Although they frequently appear on the lips and edges of the mouth, cold sores can occur in the mouth as well where they may be mistaken for canker sores.

The main differences are that inside the mouth cold sores tend to occur more on the bound or non-movable parts of the mouth such as the roof of the mouth. Cold sores are caused by a virus and therefore can be passed from person to person. Canker sores are not caused by a virus and therefore can not be passed from person to person. Also, canker sores do not appear outside of the mouth.

### **Are canker sores contagious? Can I pass them on when I kiss my significant other?**

You can not pass canker sores from person to person because they are not caused by a virus or by bacteria. Many health professionals, however, advise people with canker sores not to kiss. This is because bacteria from another person's mouth could potentially infect open canker sores.

### **I seem to get canker sores during my menstrual period. When I was pregnant I seemed to get some relief? Was this just me or something that other women experience?**

Actually this experience is not unique to you. Often women experience canker sores only during certain periods of their menstrual cycle. A common report is the complete absence of canker sores during pregnancy. This prompted some researchers to experiment with hormonal therapies in hopes of creating a new treatment for canker sores. Unfortunately, these trials were largely unsuccessful.

### **Someone told me that SLS in my toothpaste may be responsible for my canker sores? What is SLS exactly?**

SLS stands for Sodium Lauryl Sulfate and it is used as a detergent in toothpastes. Recent studies, however, have shown that SLS may be responsible for canker sores in susceptible people. It is thought that the detergent may weaken the lining of the mouth making it susceptible to canker sore formation. Many of our visitors to the website have experienced complete relief from canker sores after switching to SLS free toothpastes.

### **I often get canker sores when I get sick? Are they caused by the same germs that are responsible for my colds?**

Many people seem to suffer from canker sores during sickness and therefore associate the canker sores with the germs or viruses causing the illness. Canker sores, however, are not caused by a virus or germs. The reason canker sores may be seen at the same time is that stress seems to be a factor in initiating canker sores. Stress also weakens the immune system making a person more likely to become sick as well.

### **Unfortunately, I can no longer enjoy chocolate. It seems that after eating chocolate I come down with canker sores. Is there a connection?**

Studies have shown that for some people there is a connection between canker sores and the foods they eat. These people get canker sores as a result of an allergic reaction to certain foods. Foods commonly associated with this allergic reaction include nuts, peanut butter, seafood, wheat products, chocolate, and milk.

### **I once heard that vitamins may help me reduce the frequency and severity of canker sores. Is this true?**

Deficiencies in certain vitamins and minerals – principally B1, B2, B6, B12, iron, and folic acid have been implicated in canker sore formation. In several British studies, a deficiency in the level of vitamins and minerals was seen in a significant number of canker sore sufferers.



### **APPENDIX**

#### **SLS free toothpastes – the ultimate weapons in the fight against canker sores.**

In our experience about 70% of people who switch to an SLS free toothpaste have almost no new canker sore occurrences for the rest of their lives. Unfortunately, almost all toothpastes on the market today contain SLS, even the natural ones. Less than a handful of toothpastes on the market today are SLS free. Below we list these SLS free toothpastes:

##### **1. Enamel Saver Toothpaste for Canker Sore Sufferers**

Enamel Saver Toothpaste for Canker Sore Sufferers is perhaps the best SLS free toothpaste on the market. It is also the toothpaste we get the most positive responses about. Unlike many of the other SLS free toothpastes it has a very pleasant taste. More information about Enamel Saver is available online at [www.stores.yahoo.com/dentalstore/ensavslsfret1.html](http://www.stores.yahoo.com/dentalstore/ensavslsfret1.html) or by calling toll free 1-888-309-1326

##### **2. CloSYSII Toothpaste**

CloSYSII toothpaste is another highly recommended SLS free toothpaste. In addition to being SLS free, CloSYSII contains a special ingredient called chlorine dioxide. This ingredient directly attacks the volatile sulfur compounds in your mouth that are responsible for bad breath. This gives you fresh breath for up to five hours longer than with regular toothpastes, sprays, or mouthwashes. More information about CloSYSII toothpaste is available at [www.stores.yahoo.com.dentalstore/closysiislsfre.html](http://www.stores.yahoo.com.dentalstore/closysiislsfre.html)

##### **3. PEELU Toothpaste**

We have not received very much feedback concerning PEELU toothpaste. It is made from the fibers of the PEELU (also called Siwak or Miswak) vegetable fiber.

##### **4. Biotene Toothpaste**

As with Peelu toothpaste, we have not received much feedback concerning Biotene toothpaste. Biotene is designed for people who have xerostomia or dry mouth.

#### **Stop one of the leading causes of canker sores with a special promotional offer from Braun Oral-B.**

Brushing too hard is one of the leading causes of canker sores. Yet, brushing habits are almost impossible to change. The OralB 3D Excel, a new plaque remover (electric toothbrush) from Braun Oral-B, stops the brushing action when you apply too much pressure, preventing canker sores as well as injury to teeth and gums.

## 7 Steps to a Canker Sore Cure

Secrets to wiping canker sores from your life forever.

**Dental Zone, Inc**

[www.saveyoursmile.com](http://www.saveyoursmile.com)

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The OralB 3D Excel is one of the best selling plaque removers in America. Braun's special promotional offer is **like getting two OralB 3D Excel toothbrushes for the price of one!!!**

With this deal you get an extra handle and extra brush head. In addition you get a \$10 manufacturers rebate and travel case. At \$79.95 this is the cheapest price on the internet (and remember you get an extra handle, brush head, travel case, and \$10 manufacturer rebate). One OralB 3D Excel toothbrush alone, without the travel case or rebate runs between \$77 - \$99 in popular department and discount stores.

Because this is a limited time special promotional offer, you will not find this deal in stores. To take advantage of this deal go to [www.stores.yahoo.com/dentalstore/braun3d.html](http://www.stores.yahoo.com/dentalstore/braun3d.html)