

Canker Sores

Cause: It is believed that canker sores are triggered by stress, which can cause the body's immune system to overreact to bacteria normally present in the mouth. They can be initiated by irritating the inside of the mouth, such as with a rough toothbrush or biting the inside of the mouth.

What May Help: Watkins Aloe Vera Juice or Gel Capsules

Why: Aloe vera accelerates healing and reduces pain associated with canker sores.

Helpful Hint: Aloe can be taken both as the aloe vera juice and aloe vera gel. For the greatest benefits, drink at least 2 ounces of Watkins Aloe Vera Juice daily, and when symptoms appear, place a clean, sterile pin through the end of the gel capsule or cut open a gel capsule with clean, sterile scissors or a knife, and squeeze the aloe onto the sore to speed healing.



What May Help: Watkins Resist Plus, Superfood Multiple (Super Multi)

Why: Strengthens the immune system. Superfood Multiple (Super Multi) contains B vitamins, often lacking in those who experience frequent canker sores.

Testimonial—

These are personal testimonials. Individual results may vary. Consult your physician before taking any dietary supplements.

"Many of my customers have told me about the great results they have using **Watkins Aloe Vera Gel Capsules** for canker sores. They place a clean, sterile pin through the end of the gel capsule and squeeze the gel directly onto the canker sore or the gums. I have had several customers use Watkins Aloe Vera Gel Capsules for canker sores with tremendous success."

— **Pete Redekop, Manitoba**

Aloe Vera: New Remedy for Oral Health Problems

New reports published in the January/February issue of *General Dentistry* show that the aloe vera plant, used to heal skin for more than 2,000 years, can also treat many oral health problems, including canker sores, cold sores, herpes simplex type 1 virus, lichen planus, and gum disease such as gingivitis. Researchers suggest that aloe vera accelerates healing and reduces pain associated with canker sores and blisters on the lips and mouth and could be a very inexpensive alternative remedy.

Author Richard L. Wynn discusses a study done on a patient with lichen planus, a disease affecting the skin and oral mucus membranes. The patient drank 2 ounces of aloe vera juice daily and topically applied aloe vera to the lips. The oral lesions cleared up in four weeks and complete success was achieved. Dr. Wynn cited the study as showing that oral health problems can be treated with aloe vera. "Aloe Vera can be taken both as the aloe vera juice and aloe vera gel. These are the two modes of delivery recognized by the FDA," said Dr. Wynn.

Watkins Aloe Vera Juice is 99.7% pure, cold-processed and stabilized, and Watkins Aloe Vera Gel Capsules contain concentrate equal to one teaspoon of pure gel. The recommended use is 2 to 6 ounces of juice or one gel capsule per day. For the greatest benefits, drink at least 2 ounces of Watkins Aloe Vera Juice daily, and when symptoms appear, place a clean, sterile pin through the end of the gel capsule or cut open a gel capsule with clean, sterile scissors or a knife, and squeeze the aloe onto the sore to speed healing.

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