

# Canker Sore (Herpes Simplex)

Ulceration, chiefly of the mouth and lips

## **Possible Causes and Contributing Factors:**

- Food sensitivity that will often exacerbate the virus. Citrus, dairy, shell fish, gluten, night shades are most common
- Low stomach acid or bacterial imbalance in colon
- Psychological stress
- Biliary insufficiency or biliary stasis
- Iodine deficiency
- Calcium or magnesium deficiency
- Adrenal cortical hyper-function
- B Vitamin deficiency

## **Suggested Dietary Changes:**

- No meat of any kind for 2 weeks (increases the body's acidity which slows healing)

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*