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Easy Homemade Treatment for Canker Sore by [Hanif](#)

Article published on December 31st 2011 | [Acne](#)

Many people think canker sore is contagious. However, this is completely untrue. There is a huge difference between canker sore and cold sore. Cold sore is contagious but not canker sore. Canker sore is not infected by any virus and hence they are not contagious. Moreover, canker sore can be treated home and you do not have to rush to doctor for medicine at an initial stage. Canker sore can appear anywhere in the mouth. It can be inside the lower lips, inside the throat or even on the tip of the tongue. Generally, the canker sore gets healed within a week. However, you need to treat it in a right manner with the help of homemade treatment. Below mentioned are some of the easy and quick homemade treatments for canker sore.

It is suggested that gargle twice or thrice a day with warm water mixing a small spoon of salt in it. This will surely give some relief to the canker sore. Another way to treat canker sore is take some baking soda and mix it with water. Make a paste of it and apply it on the infected part. This gives a quick relief from the pain and burn of the canker sore. Also, leave the paste on the canker sore for about ten to fifteen minutes and do not eat or drink till the paste is applied. Later, gargle with normal water. You can also apply plum paste on the canker sore it helps to give quick relief from the pain. All such things are easily available home and you can treat it anytime you want. Besides this, there are various over the counter medicines available for treating canker sore. However, it is suggested to use homemade remedies for the treatment of these sores.

It is also important that you do not eat things which are spicy or oily as you may feel the burn and pain if it is touched on canker sore. The better option is to eat fruits, yoghurt and juices till the core does not disappear. Also, you have to be careful about your toothpaste. Use the toothpaste which is available especially for canker sore as some of the regular toothpaste is not suitable for canker sore. Canker sore is more prone to women and it can appear several times. Yet, it is not been proved the exact reason of getting canker sore. But, today with the help of various homemade treatments, it is easily curable.

Get more details then visit [www.canker-soretreatment.com](http://www.canker-soretreatment.com)

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I am Homemade Treatment For Canker Sore from last ten year. i have some written about Homemade Treatment For Canker Sore article.

Article Keywords:

canker sore treatment at home, canker sore on tongue treatment, canker sore treatment over the counter, canker sore treatment children, best canker sore treatment

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