Let ’em Suffer: Canker Sores are a Weapon

We do what we have to do to keep our kids in line. Now that my sons are adults, I’m willing to admit some of the tactics *I* used to keep *them* in line.

Let me explain.



Canker sores usually represent an underlying GI condition; sometimes, a reaction to a specific food or food group. Some people’s outbreaks are triggered by tomatoes. Some are triggered by salty junk foods. Some by sugar. No matter.

No, really.

No matter!

I'm not a devotee of food abstinence. In fact, I shun the idea and instead encourage folks to correct the problem, not run from the food.

My own son's canker sores were triggered by sugar – which was both good and bad. Good for me, bad for him.

This particular son did a lot of skiing when he was young and would meet his friends at the ski area where there was a canteen that sold candy bars and other popular commercial treats. Such confections were a no-no at home.

But he couldn't eat the stuff without developing a tell-tale canker sore a mere 24 hours later, giving him and his sweet indiscretions away.

Busted!!

I wasn't in a big rush to treat his canker sores because they usually kept him in line; I could count on his habit of routinely abandoning the sweet-gorging events when a canker sore or two emerged.

But because I homeschooled our sons with plenty of homeopathy, it didn't take long for him to figure out which medicine cured his pesky and painful mouth sores.

He got a hold of the *Merc sol 200* from our family kit and was soon cured (sneaky little bugger!)

I don't actually know how often he took it *or* how long it took for the sores to finally halt, but this is how I'd use it today for someone I'm not trying to slyly persuade:

Mercurius sol 200 twice daily or *Mercurius Sol 6*, 3-4 times daily.

Now, remember that homeopathy is not intended to "treat" symptoms like allopathic meds but rather, to *uproot* the condition altogether. This means that once you become

accustomed to using this method, you'll see fewer episodes, lasting a shorter period of time and with less intensity when/if they *do* occur.

Someday you'll likely hear what I heard: "Hey Mom, remember when I used to get canker sores all the time?"

If you're self-assured and methodically crafty like me, you'll just smile and say to yourself, "Yeah, too bad. They were one of my best tools to keep you in line, smarty pants!"

Warmly,



P.S. My course, *Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind* will teach you how to address food intolerances. Plus, it will also teach you specific homeopathic protocols to treat a host of other illnesses that spring from the gut.

This is a proven system that I used often when raising my kids, as well as the Banerji protocols these highly-lauded doctors have used for a century and a half. Check it out here.