

Canker-Sore Control

If you suffer from canker sores, this will be welcome news: Simply changing your toothpaste could prevent these lesions. A common toothpaste ingredient, sodium.. lauryl sulfate (SLS), dries the mucus lining that protects against irritants such as acidic foods - a major cause of the sores, says Pal Barkvoll, an oral surgeon in Oslo, Norway. After having 10 canker-prone people brush with an SLS-free toothpaste for three months, Dr. Barkvoll found that the incidence of sores dropped by 70 percent. Check the labels for SLS-less toothpastes.