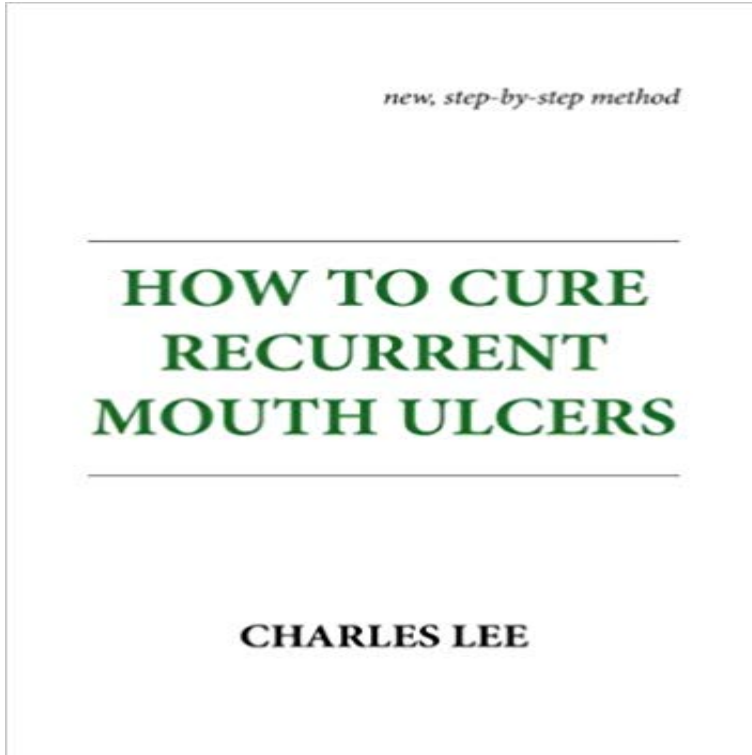


# HOW TO CURE RECURRENT MOUTH ULCERS: new, step-by-step method



Mouth ulcers are a major medical problem. At least 10% of the population are sufferers, and some studies suggest the figure may run as high as 20%. Some people are NEVER free of them. The misery they cause can be huge. In addition to feeling washed out, below par, worried and deeply miserable, agonising pain may make eating and speaking difficult for the sufferers. General medical practitioners poorly understand the condition and often have the greatest difficulty helping their patients. This remarkable 80-page self-help guide is packed with information, advice and tips. The many possible causes of mouth ulcers are looked at in some detail, from vitamin and mineral deficiencies to food intolerance, and an interesting new explanation of why stress is a key trigger is outlined. There's a useful section describing the sort of help that doctors can offer (one treatment turns out to be of particular merit in heading off trouble when the dreaded early warning signs of pricking and itching are first felt). The guide presents a unique, step-by-step cure method, designed to help sufferers towards a complete resolution of their misery. There's a final section of unusual tips and ideas to speed up the healing of existing ulcers. Charles Lee's self-help guides have received extensive coverage in the national and local press and in women's magazines, including Cosmopolitan, Women's Weekly, Good Housekeeping, Women's Health, Elle, Essentials, Living, Mother & Baby and many others.

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