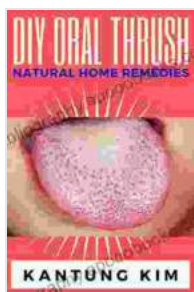


DIY Oral Thrush Natural Home Remedies: Banish Oral Thrush Fast!

Oral thrush is a common fungal infection that affects the mouth and throat. It is caused by an overgrowth of the yeast *Candida albicans*. Oral thrush can cause a variety of symptoms, including white or yellow patches on the tongue, inside of the cheeks, and roof of the mouth; a burning or stinging sensation in the mouth; difficulty swallowing; and a loss of taste.



DIY Oral Thrush Natural Home Remedies: The Effective Step By Step Guide To Permanently End Oral Thrush

by George R Martin III

★★★★☆ 4.1 out of 5

Language : English

File size : 1466 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 33 pages

Lending : Enabled

X-Ray for textbooks : Enabled



While oral thrush is not typically a serious condition, it can be uncomfortable and embarrassing. In some cases, it can also lead to more serious infections. If you have oral thrush, there are a number of things you can do to treat it at home.

DIY Oral Thrush Natural Home Remedies

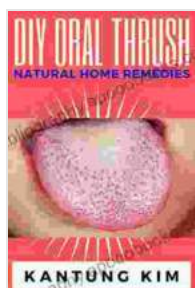
The following are some of the most effective DIY oral thrush natural home remedies:

- **Yogurt:** Yogurt contains probiotics, which are beneficial bacteria that can help to fight off the yeast that causes oral thrush. Eat a cup of yogurt each day or apply it directly to the affected area several times a day.
- **Coconut oil:** Coconut oil contains caprylic acid, which is a fatty acid that has antifungal properties. Swish a tablespoon of coconut oil around your mouth for 10-15 minutes several times a day.
- **Apple cider vinegar:** Apple cider vinegar is a natural antifungal. Mix 1 tablespoon of apple cider vinegar in a glass of water and swish it around your mouth for 30 seconds. Do this several times a day.
- **Tea tree oil:** Tea tree oil is a powerful antifungal essential oil. Add 2-3 drops of tea tree oil to a glass of water and swish it around your mouth for 30 seconds. Do this several times a day.
- **Baking soda:** Baking soda is a natural antifungal and alkalizing agent. Make a paste of baking soda and water and apply it to the affected area several times a day.
- **Salt water:** Salt water can help to kill the yeast that causes oral thrush. Mix 1/2 teaspoon of salt in a glass of warm water and swish it around your mouth for 30 seconds. Do this several times a day.

In addition to these home remedies, there are a few other things you can do to help treat oral thrush:

- **Avoid sugary foods and drinks:** Sugar can feed the yeast that causes oral thrush. Avoid sugary foods and drinks, such as candy, soda, and fruit juice.
- **Brush your teeth twice a day:** Brushing your teeth twice a day will help to remove plaque and bacteria from your mouth. This will help to create an environment that is less favorable for yeast growth.
- **Floss once a day:** Flossing once a day will help to remove plaque and bacteria from between your teeth. This will also help to create an environment that is less favorable for yeast growth.
- **See your doctor:** If your oral thrush does not improve with home treatment, see your doctor. Your doctor may prescribe an antifungal medication to treat the infection.

Oral thrush is a common condition, but it can be effectively treated with natural home remedies. By following these tips, you can banish oral thrush fast and restore your oral health.



DIY Oral Thrush Natural Home Remedies: The Effective Step By Step Guide To Permanently End Oral Thrush

by George R Martin III

★★★★☆ 4.1 out of 5

Language : English

File size : 1466 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

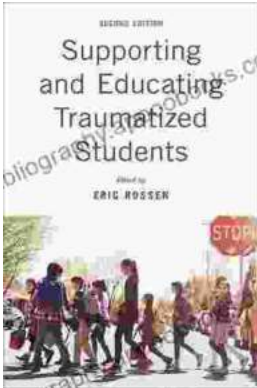
Print length : 33 pages

Lending : Enabled

X-Ray for textbooks : Enabled

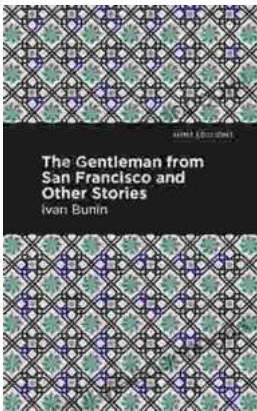
FREE

DOWNLOAD E-BOOK



Empowering School-Based Professionals: A Comprehensive Guide to Transformational Practice

: The Role of School-Based Professionals in Shaping Educational Excellence As the heart of the education system, school-based professionals play a pivotal role in shaping...



The Gentleman from San Francisco and Other Stories: A Captivating Collection by Ivan Bunin

About the Book Step into the literary realm of Ivan Bunin, Nobel Prize-winning author, and immerse yourself in...