

# Sore gums need care & treatment



**Dr. Meinig:**

**I need to know what to do for sore gums. The only time I know they are sore is when I brush. They very seldom bleed. The sore spot seems to move around; one time it will be in one spot and a few days later in another spot. So far all I have done for the problem is to use mouthwash after brushing. Any help you can give me will be appreciated. I have all my own teeth.**

**M.N.**

Dear M.N.:

The most common causes of sore gums are gingivitis, periodontal disease, herpes simplex virus, vitamin C deficiency, allergies, drug or medication reactions and injuries from

toothbrushes or hard, sharp foods.

The one that occurs most often to Ojai residents is due to the herpes virus. For a long time it was felt this organism, once it had occurred in the mouth, would lay dormant in the oral tissues and from time to time would again become active. These lesions are commonly called cold sores or fever blisters.

We now know that this virus attacks when foods high in the amino acid arginine are part of one's diet. These are peanuts, peanut butter, cashews, pecans, seeds, chocolate and fruits such as oranges, tomatoes and pineapple.

Single pieces of fruits are not thought to be high in arginine

but when consumed as fruit juice the amounts are significant. In addition, many people do not have sufficient digestive enzymes to utilize the organic acids that make up fruit. In my practice, hardly a day went by that I didn't treat one or more of these cold sores.

Although nuts and chocolate are frequent offenders, I found most people in Ojai that developed these eruptions were orange juice drinkers. That isn't so strange when we realized how many of our people have one or more orange trees in their yard and live that juice. Most wouldn't get these herpes blisters if they just ate one orange, but the three to five that are used to make up most glasses of orange juice spell the difference.

Incidentally, numbers who cut out the fruit juice habit also report the disappearance of their arthritis, bursitis or tendinitis.

A simple cure now available is the use of 500 mg. tablets or capsules of another amino acid called lysine.

Some recommend one per day and other authorities suggest one of more three times daily. Lysine is reported to be a successful, prompt cure in 85-90 percent of the cases. Incidentally, some investigators have reported genital herpes responds similarly.

Other agents that aid in the treatment of herpes are lacto bacillus acidophilus, intravenous injections of vitamin C, B12 injections and the use of PABA and panthothenic acid. Vitamin E oil applied directly to the sores is also helpful.

If these suggestions do not correct your problem, I would suggest you see a dentist at the time you are experiencing the problem. Although the cause may be uncommon or obscure, most such problems are quite obvious to dentists.

**Everyone has questions about nutrition. Send yours to Dr. George, c/o The Ojai Valley News, P. O. Box 277, Ojai 92024.**

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