

THINGS THAT HELPED ME – AND I HOPE WILL HELP YOU

NOTE – IN ALL THINGS BELOW, ASK YOUR CANCER DOCTORS IF YOU CAN TAKE THESE, AS THEY HAVE REASONS FOR WHAT THEY MAY OR MAY NOT WANT YOU TO USE. WORK WITH YOUR DENTIST, TOO.

MOUTH SORES

Mouth sores can get so bad that you cannot eat, or maybe even drink. If you lose too much weight, you lose muscle, possibly to the point you cannot gain it back. The more muscle mass you have, the less risk you have of dying from chronic disease. Therefore, the doctors and nurses tell you to eat and drink all you can before and during your cancer therapy.

Stella Life Recovery Kit – these oral care products helped me so much.

I met Gennady Sirota, CEO of Stella Life in Sept 2019. He is a very honest, open, intelligent individual. I was very impressed with his desire to help others. At Gennady's direction, I started the Stella Life kit 3 days before radiation treatments began. I used it exactly as he said – the mouthwash, the spray, and the gel on the sores, 3x/day. I did this immediately after I cleaned my teeth very well with tongue cleaner, dental floss, Water Pik (Aquarius model) with 8 drops of household bleach in the full well of 20 ounces of water to reduce the microbial burden, then Sonicare toothbrush with toothpaste. The Stella Life products were an absolute game-changer! They cleaned AND soothed the sores. They helped me swallow and not need a feeding tube. They helped me with my pain. I got to where I could not eat food, but I could keep swallowing liquids like Ensure or Boost, and I only lost 14 pounds through my cancer treatment.



“Magic Mouthwash” – is helpful for mouth sores for some people – swish and swallow. There are several versions of magic mouthwash. Some are available in pre-measured kits that can be mixed together by pharmacists, while others are prepared to order by a pharmacist. If it is determined that magic mouthwash might be helpful, your doctor will write a prescription.

Salt and soda water: for mouth sores related to radiation and/or chemotherapy, the cancer center said to use salt and soda water and gargle with this 4 to 5 times per day as soon as you begin treatments. You can mix ½-teaspoon baking soda + ½-teaspoon salt in a quart of water. Alternatively, you can make a larger amount – the University Of Chicago told me to mix 1-liter water, 1-tablespoon salt, and 1-tablespoon baking soda. This cleaned the sores well, but left an open wound that hurt to swallow, especially food, so I used Stella Life instead of this.

Ozone water rinse: another doctor friend of mine recommended Ozone water rinse. He even showed me how to make an ozone-producing machine. I purchased all the items, made the machine, made the water, and found it cleaned the mouth wounds very well, but like salt & soda gargle, it hurt to swallow. It did not soothe or protect the wound at all. So I used Stella Life instead of this.