

## *Burning Tongue/ Burning Roof of Mouth,/ Bad Taste in Mouth/ Change in Breath Odor*

*I feel like the Bible could have described hell fairly accurately with one word: MENOPAUSE. My mouth feels like I've been drinking from the lake of fire, and the smell of sulfur that seems to follow me around only seems to further my point.*

*Experiencing a burning sensation or metallic taste in your mouth can be a pesky and painful symptom of menopause. While these symptoms can be caused from other issues such as smoking, allergies, diabetes, etc.... it can also be brought on by the loss of estrogen, which plays a significant role in mouth, saliva and taste bud functions.*

*There are a few tips to keep the burning at bay... chewing gum made with stevia, drinking more water, avoiding spicy foods and adding in olive oil, different herbs and supplements may all be helpful. Some people may need to seek further treatment using medication and/or surgery. Practice good oral hygiene and talk to you dentist or doctor about what further remedies may be available to you.*