

WHAT YOUR MOUTH SAYS ABOUT YOUR HEALTH

If you're grinding your teeth, it could mean: You're feeling stressed. 'It's a common reaction,' says Professor Eder.

If you keep getting ulcers, it could mean: Your immune

system is working below par. Try to reduce stress in your life and eat a healthy, balanced diet rich in vitamins and minerals to help your body's defences fight the infection.

If your gums are very pale, it could mean: You're deficient in iron, as this is a warning sign of anaemia. Up your intake of lean red meat and leafy green vegetables.