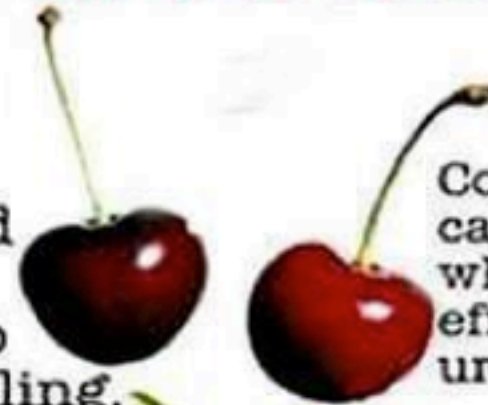


REDUCE ARTHRITIS AND INFLAMMATORY PAIN



Turmeric

Circumin, the active compound in this spice, is what makes it so powerful for healing.



Cherries

Contain substances called anthocyanosides which are very effective at lowering uric acid levels.



Ginger

Prepare by making a tea from the roots.



Pineapple

Contains the anti-inflammatory bromelain



Omega-3 Foods

Try freshly ground flax seeds, chia seeds (unground), and hemp seeds.



Raw Apple Cider Vinegar

Pour a tablespoon or two into four to eight ounces of purified water.