

ARTHRITIS HERBAL TEA

INGREDIENTS:

BURDOCK ROOT - One of the greatest things you can do for pain, joint or otherwise, is increase your intake of essential fatty acids. Burdock contains fatty oils which (along with its sterols and tannins) contribute to burdock's reputation as an anti-inflammatory.

FLAX - Flaxseed is one of the best vegan sources of Omega-3 (ALA), which is so important to a strong immune system and for fighting inflammation (the vegan bit is important because animal fats often lead to inflammation in arthritis sufferers).

TURMERIC - Turmeric is an extremely effective anti-inflammatory herb, and thus an effective pain reliever. It contains at least two chemicals (curcumin and curcuminoids) which decrease inflammation (and are very much like the oft-prescribed non-steroidal anti-inflammatory drugs).

NETTLES - is an excellent herb for those with all types of arthritis and gout. Its anti-inflammatory amazing-ness combined with its minerals (boron, calcium, magnesium and silicon) ease pain while helping to build strong bones.

LICORICE - Licorice acts much like your body's own natural corticosteroids (which reduce inflammation). Glycyrrhizin is the component in licorice which blocks and relieves inflammation. It also supports the body's release of cortisol, which suppresses the immune system, easing the pain and occurrence of arthritis.

BOSWELLIA - possesses a long history of medicinal use as an anti-inflammatory.

DEVIL'S CLAW ROOT - Root extracts of the plant contain the iridoid glycoside, harpagoside, which has been found to be an effective treatment of Arthritis. Studies in Europe, showed substantial pain-relieving properties with minimal side effects.

GINGER - has been used in medicine for centuries, ginger has been shown to have anti-inflammatory properties similar to ibuprofen and COX-2 inhibitors. Ginger also suppresses leukotrienes (inflammatory molecules) and switches off certain inflammatory genes, making it potentially more effective than conventional pain relievers.



"Herbs that work!"