

CARPAL TUNNEL SYNDROME REMEDIES



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CAYENNE PEPPER

Natural pain reliever
Potent anti-inflammatory



CHAMOMILE

Packed with active compounds
Anti-inflammatory



CUMIN

Natural pain reliever
Anti-inflammatory
Prevents swelling



PINEAPPLE

Natural pain reliever
Potent anti-inflammatory
Reduces swelling



TURMERIC

Rich in curcumin which is an anti-inflammatory



WILLOW BARK

Source of aspirin
Natural pain reliever



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Source :
UrbApothecary

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