CARPAL TUNNEL SYNDROME REMEDIES

- **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.

Additional remedies:

- **TURMERIC**: Rich in curcumin, which is an anti-inflammatory.
- **WILLOW BARK**: Source of aspirin, Natural pain reliever.

Source: Stepintomygreenworld.com