Foods And Herbs For Arthritis And Other 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.

Source: NaturalSociety.com

The Farmacy