

NATURAL PAINKILLERS IN YOUR KITCHEN

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Ginger for muscle
and joint pain



Cure a toothache
with cloves



Erase earaches
with garlic



Tame chronic pain
with turmeric



End endometrial
pain with oats



Relax painful muscles
with peppermint



Give your back some
TLC with grapes



Heal sinus problems
with horseradish