

Arthritis

Osteoarthritis

Herbal Remedies

Many herbal remedies are useful for arthritic sufferers. Depending on your condition, and the availability of herbal products, some remedies might be more suitable than others. Fresh juices are more easily absorbed by the body and capture the whole synergistic complex of healing ingredients locked in the plant. Find the one that works best for you.

Boswellia has unique anti-inflammatory action, much like the conventional non-steroidal anti-inflammatory drugs (NSAIDs) used by many for inflammatory conditions. Unlike NSAIDs, however, long-term use of boswellia does not lead to irritation or ulceration of the stomach.

Cayenne (Capsaicin) Capsaicin, the "burning" substance in cayenne creams has been used topically to relieve pain from osteoarthritis. The benefit from cayenne creams, generally containing 0.025-0.075% of the active ingredient capsaicin, has been confirmed in double blind research.

Devils claw (*Harpagophytum procumbens*)-an analgesic and anti-inflammatory
Dosage: one to two grams, three times daily

Ginger (*zingiber officinale*)-acts as an anti-inflammatory
Suggested Dosage: 0.5 to 1 mg of powdered ginger daily
Ginger Tea- Add one grated teaspoon of fresh ginger to a cup of hot water. Take two times daily.

Horsetail: The silicon content of horsetail is believed to exert a connective tissue strengthening and anti-arthritic action in traditional medicine.

Licorice root (*Glycyrrhiza glabra*)-an anti-inflammatory. Long-term use can elevate blood pressure and increase potassium loss.
Dosage: one-eighth to one-quarter teaspoon of a 5: 1 solid extract up to three times daily

Turmeric (Curcumin (*Curcuma longa*))- an effective anti-inflammatory
Suggested Dosage: 400 mg three times daily; take on an empty stomach and combine with 1,000 mg of bromelain

White willow has anti-inflammatory and pain-relieving effects. Although the analgesic actions of willow are typically slow-acting, they tend to last longer than aspirin. One double blind study found that a product featuring white willow (though also containing black

cohash, guaiac [*Guaiacum officinale*], sarsaparilla, and aspen bark) effectively reduced osteoarthritis pain compared to placebo. White willow products providing approximately 100 mg salicin per day are generally recommended by doctors of natural medicine.

Yucca-has long been used to reduce arthritic pain.

Cherries, hawthorn berries and blueberries: Cherries, hawthorn berries, blueberries and other dark red-blue berries are rich sources of anthocyanidins and proanthocyanidins. These compounds are flavonoid molecules that give them their deep red-blue color. These compounds are remarkable in their ability to enhance collagen matrix integrity and structure.

Celery seed extract-acts as an anti-inflammatory

Castor oil hot packs-apply to affected joint

Apply **angelica root compress** or add 5 drops of angelica oil to a hot bath to reduce spasms.

Take 3 capsules of **horsetail** daily for two weeks each month to help rebuild bones.

Acute Joint Inflammation:

In the acute, inflamed stage, slowly start with movement exercises and hot, moist **fenugreek packs** on the painful areas. Take 1 tbsp. fenugreek seeds internally 3x daily.

For internal 10-day cleansing and to reduce inflammation, drink **willow bark tea**. Add 1 tsp. willow bark to 1 cup boiling water, steep for ten minutes, strain and drink unsweetened twice daily.

Take a **hayflower** bath. Combine **wild yam** with **celery seeds** or **willow leaves** and make an infusion, strain and add to bath water.