



## **HOME REMIDIES**

### **SANTHOSH HERBAL HEALTH CENTRE**

**168, SANTHOSH COMPLEX, KENNEDY SQUARE, MEDICAL COLLEGE  
ROAD, THANJAVUR - 613 004. TAMILNADU - INDIA.**

**PHONE : + 91 4362 240096**

[contact@santhoshherbals.com](mailto:contact@santhoshherbals.com) | [www.santhoshherbals.com](http://www.santhoshherbals.com)

# Arthritis Home Remedies

Millions of people suffer from Arthritis and most people turn to pain relievers, well, these simple cures might just help relieve you from the pain of arthritis.

1. Lose weight and get close to your ideal weight. If you weigh less, there is less weight on your joints, and less pain. Fairly simple way to relieve some of the pain of arthritis.
2. Exercise, especially in a pool, will greatly help you relieve some of the pain. When in water you weigh less, less strain on the joints, and your more flexible. Also a benefit in helping you lose weight, and keep your muscle tone.
3. Reduction of stress may help, if your relaxed and rest enough, it just may help remove some of that pain. Stress can be so terrible on the body, and you really should take steps to eliminate it as much as you can.
4. Intake of radish juice mixed with sugar is very therapeutic for arthritis.
5. On an empty stomach take 3-4 walnuts or 1 fresh coconut.
6. Vitamin C, helpful on so many levels, but it has been shown that people with rheumatoid arthritis don't get enough vitamin c, so add some to your diet.
7. Watch your diet, reduce fat, sugar, salt, and cholesterol.
8. Herbal tea: Yarrow, willow bark, dandelion, and burdock tea are all known to help relieve the pain of arthritis.
9. Certain foods can trigger the pain, anything in the nightshade family, including:
  - White potatoes
  - Eggplant
  - Tomatoes
  - Green, red, and yellow peppers
  - Tobacco
10. Garlic, behold the power of Garlic. You'll find that garlic is in a lot of the cures. Garlic boosts the immune system and can really help reduce the pain of arthritis.