



# 5 POWERFUL FOODS TO BEAT ARTHRITIS



## Garlic

Garlic imbued with nutrients and strong anti-inflammatory properties eases symptoms of arthritis



## Ginger

Ginger is loaded with compounds COX inhibitor that works the same way as medications to beat arthritis



## Spinach

Spinach with strong antioxidant kaempferol, can ease inflammation and progression of arthritis



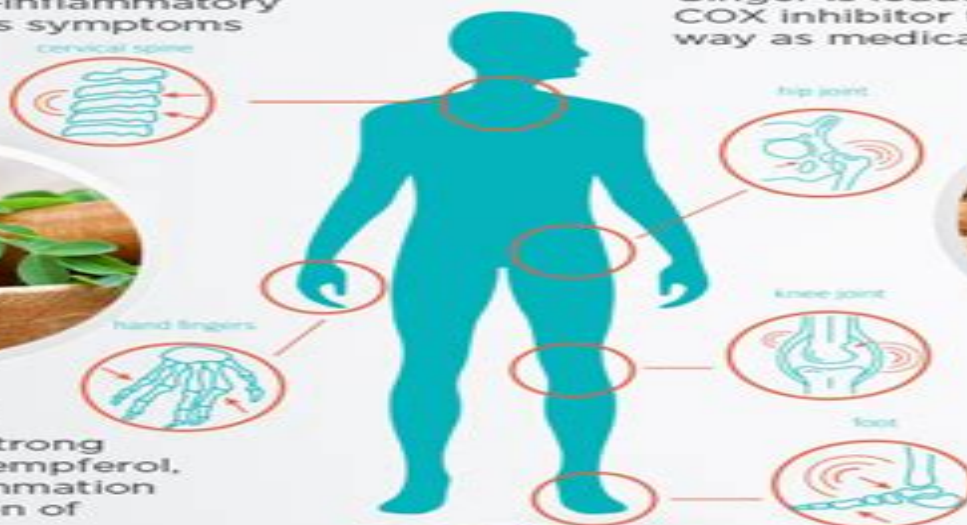
## Walnuts

High on omega 3 fatty acids and antioxidants, walnuts can lessen inflammation and alleviate joint pain



## Berries

Overpowered with antioxidants quercetin and ruin, berries reduce inflammation associated with arthritis



# The Arthritis Cure

**RC Schank**



## **The Arthritis Cure:**

Ignite the flame of optimism with Crafted by is motivational masterpiece, Find Positivity in **The Arthritis Cure** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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

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