



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



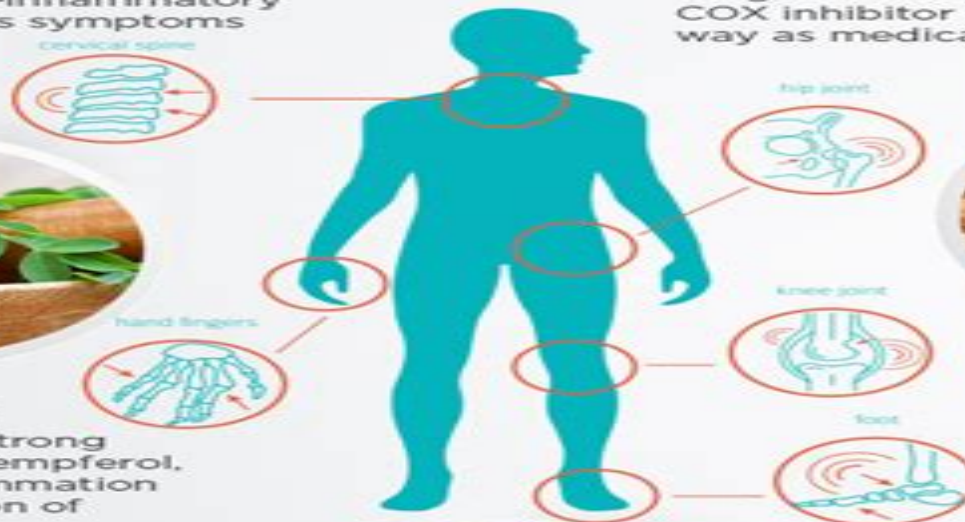
Walnuts

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

Padhraic Smyth



The Arthritis Cure:

Delve into the emotional tapestry woven by in Dive into the Emotion of **The Arthritis Cure** . This ebook, available for download in a PDF format (*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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