PLANTS & HERBS

10 Powerful Natural Remedies for Inflammation & Pain

By bestfolkmedicine · 11/11/2018 · 3 min read



Natural remedies are made from natural ingredients only and are not the same as the ones produced in a laboratory. And, they are less toxic and therefore, much better for the body. A lot of over-the-counter meds have been linked with negative impact on the kidneys, digestion, and liver. Though they can be beneficial short-term usage; prolonged use could cause different health-related problems.

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Turn to Natural Medicine

Natural cures are all natural and free of dangerous chemicals. The 10 natural cures presented today can be of aid in decreasing inflammation and pain, as noted on Conscious Lifestyle Mag. And, they will also keep the joints healthy and ensure optimal healing without damaging side effects.

10 Best Natural Remedies against Pain & Inflammation

1. **Burdock root**

This plant is potent enough to help with problems like swollen joints, painful joints, and inflammation. Several studies have concluded that it can be used as a blood purifier that can assist the body in eliminating toxins. Also, it will better the health of the respiratory, lymphatic, and urinary systems. It will keep your liver cells safe from damage; which is not the case with chronic intake of acetaminophen. It is believed to achieve this by boosting the liver's capacity for regeneration.

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2. **Devil's claw**

This fruit shaped as a claw has been long used by South African tribes as a natural cure for inflammation and pain associated with arthritis. Studies also suggest that it has potent and natural NSAID-like characteristics and according to the Phytomedicine journal, it is as powerful as Diacerein, an osteoarthritis medication, but without the side effects.

3. **Fish oil and omega-3s**

Fish oil is rich in omega-3s and it is derived from fish like salmon, trout, and cod. It can help lower inflammation naturally, decrease pain, and reverse osteoarthritis damage. Omega-3s are essential in lowering stiffness and regenerating joint tissues, as well as highly beneficial against autoimmune illnesses like psoriasis and lupus.

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4. **Ionic minerals**

Our body is comprised of electrical impulses which keep everything going and ionic minerals are an important part of this process. The body needs them to conduct and produce electrical impulses. When the body does not have enough ionic minerals, the brain and muscles are unable to function optimally and the absorption of nutrients decreases. Some of the vital ionic minerals are calcium,

boron, magnesium, iron and copper.

5. **L-glutathione**

This protein is present in every cell of the body and it is made by the liver. But, fruits, veggies, and some meats also contain it. It is a potent antioxidant which keeps the cells safe from radical damage and oxidative stress. In return, your cellular health improves and your immunity strengthens.

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6. **Rutin**

This flavonoid is present in plants and you can also acquire it from apple peels and black tea. It possesses anti-inflammatory properties and aids the body in keeping glutathione levels in check. This in return will lower cellular damage and excessive inflammation.

7. **White willow bark**

The bark from willow tree is rich in salicin, a chemical that has a similar effect onto the body as aspirin. However, it has none of aspirin's damaging side effects. It is also rich in flavonoids.

8. **Vitamin K2**

This vitamin is essential for maintaining the calium in the bones and thus, decreasing the chances for osteoporosis. Without sufficient amounts of it, your body's calcium will float through the blood and go to areas where it is not necessary, for example, the blood vessels.

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9. **Vitamin B12**

This nutrient ensures the blood cells are healthy, decreases the risk for anemia, assists in the DNA production, and helps the body fight against inflammation. It is also pivotal for the proper functioning of the GI, nervous system, and the cells.

10. **Vitamin D3**

This fat-soluble vitamin betters the calcium absorption and ensures mineralization and growth of the bones. Insufficient levels of it can cause bone density problems, brittle bones, and more. When you have sufficient levels of it, you can minimize your risk of osteoporosis.

Source:

Eco Watch

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Medical News Today

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