

## FOR THOSE WITH ARTHRITIS

Magnesium malate, bromelain, turmeric, cayenne, ginger and valerian root.

Take stinging nettle take 6- 435 milligram capsules per day, or 1 cup of tea per day, divided into two or three doses. To make it is steep 1 tsp of dried herb in 1 cup of hot water for 10 minutes then drink.

Fever few take 250 to 500 milligrams of standard capsule (vegetable not gelatin) up to three times a day, or up to two averaged sized leaves a day.  
**\*Don't take when pregnant.**

Take 2 tbsp of flax seed oil daily. Don't heat this oil, take cold.

These should help with the pain and inflammation