



Support for Arthritis

“Arthritis is essentially chronic inflammation present in one or more joints. The goal of medicinal tea should be to reduce inflammation as well as manage the pain associated with the condition. Chamomile has been proven moderately successful in reducing swelling and inflammation...A 2013 study found both ginger and cinnamon to be extremely beneficial in reducing muscle and joint inflammation and pain among female athletes, and rosehips, nettle, and wild yam are particularly helpful in reducing joint pain and other arthritic symptoms as well.”

Ingredients:

1 part chamomile flower	1 part rosehips
2 parts wild yam root	8 oz. hot water

Directions:

Combine dried herbs and steep in water, covered, for 10-15 minutes. Remove herbs from water, and sip tea slowly.”

**The herbs listed here will offer support but, if you like, you can add the others listed above. A sprinkle of cinnamon on top would be nice for flavor and symptom relief.

-J. Browne, The Good Living Guide to Medicinal Tea 50 Ways to Brew the Cure for What Ails You