

# PAIN RELIEF

## HERBAL TEA INGREDIENTS:

**KAVA KAVA** - An exciting and positive effect of Kava happens to be pain relief, especially effective for sufferers of back pain. This is in part due to the muscle relaxing properties of this splendid plant as well as its natural pain relieving properties built into the plant naturally.

**LEMON GRASS** - The citral in lemongrass may help ease pain as it relieves inflammation. According to a 2017 study on people with rheumatoid arthritis, topical lemongrass oil decreased their arthritis pain.

**RASPBERRY LEAF** - Some women use raspberry leaf for painful periods, heavy periods, morning sickness associated with pregnancy, preventing miscarriage, and easing labor and delivery.

**ROSE PETALS** - Rose petals and leaves are reliable astringents that can tighten and tone tissues. One example of how rose can heal and soothe tissues. In one double-blind, placebo-controlled study, a mouthwash made with rose extract was shown to be effective at relieving pain, decreasing inflammation, and reducing the size and number of ulcers in those suffering from recurrent canker sores.

**SKULLCAP** - Skullcap is a mild anodyne herb and is particularly suited to relieving pain due to muscle tension. Historically it was used for numerous types of pain, including toothaches and menstrual pain.

**LEMON VERBANA** - The antioxidant properties of the plant are also beneficial for reducing the inflammatory effects of oxidative elements. This ability of lemon verbena to contain and reduce inflammation can help ease joint pain or other inflammatory induced ailments.

**ELEUTHERO ROOT** - Is good for moderate fatigue, as an adaptogen to increase our resilience to stress, immune boosting activity, anti-inflammatory activity, and improves mental health.

**CATS CLAW** - Multiple studies have found that Cat's Claw can be used to naturally improve the pain associated with osteoarthritis and rheumatoid arthritis.

**DEVIL'S CLAW** - Because it is rich in potent anti-inflammatory and analgesic compounds, most researchers credit the iridoid glycosides in devil's claw for this herb's pain-relieving potential.

**GINGER** - This tasty herb, traditionally used to soothe digestive woes, is also a potent COX-2 inhibitor. The keys, say researchers, are gingerols — compounds that hamper the release of arachidonic acid. In a study conducted at the University of Sydney, Australia, researchers found that ginger was just as effective as aspirin at inhibiting COX-2

**DANDELION LEAF** - Studies, although limited, have shown anti-inflammatory properties Dandelion leaf, due to the linoleic and linoleic acid in them. Linoleic is an essential fatty acid required by the body to produce prostaglandin-which basically regulates immune responses and suppresses inflammation. Because of its involvement with immune responses, dandelion shows great potential when it comes to treating rheumatoid arthritis in particular.

**WILLOW BARK** - Often called “herbal aspirin,” willow bark is a natural source of salicylic acid — the active compound in aspirin. When they compared it to Vioxx, Australian researchers found willow bark just as effective as the pharmaceutical drug for pain and inflammation, but without its negative side effects.

**JUNIPER BERRY** - A 2009 research trial published in the “Journal of Ethnopharmacology” found that juniper berries do indeed help with arthritis pain thanks to a component called terpinen-4-ol. Terpene suppresses a type of white blood cells called monocytes which, as a part of our immune system, respond to signals of inflammation.

**CHAMOMILE** - is an ancient herbal remedy that has been used to treat a wide range of ailments, including inflammation, insomnia, rheumatic pain, and gastrointestinal disorders. Chamomile contains spiroether, a known antispasmodic that helps to ease sore muscles and joint pain. It also relaxes tension and promotes sleep.

**GREEN TEA** - also fights pain, say researchers at Case Western Reserve University, thanks to the polyphenols found in the leaves.

**CORYDALIS** - is an herb often used in traditional Chinese medicine for pain relief. Experts say it can be used for headaches, menstrual pain and back pain – even back pain caused by nerve problems or muscle spasms.



“Herbs that work!”