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# The Use of Home Remedies

March 12, 2009 | [News](#)

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One out of four Americans has chronic pain. But natural cures can help. A pain specialist says some work even better than traditional medicine; like willow bark.

Jacob Teitelbaum, M.D. — "Willow bark contains salocin, which

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is the active ingredient of aspirin. But the difference is used as willow bark, it's twice as effective as aspirin and normal arthritis medications, but without causing any of the stomach upset or even bleeding ulcers caused by the medications."

The herb Boswalia also known as frankincense has been found to decrease pain 90 percent after 8 weeks, cherries work as an anti-inflammatory.

Jacob Teitelbaum, M.D. — "If you take 12-16 cherries a day you can go ahead, and you will find that over time, your arthritis actually seems to lessen".

If you are a fan of Indian food, you're in luck.

Jacob Teitelbaum, M.D. — "The turmeric also known as curcumin, is a very potent anti-inflammatory. It'll help you stay younger, keep your brain working better, while getting rid of your arthritis pain and helping you feel better as well."

He also recommends adding hops to your diet.

Jacob Teitelbaum, M.D. — "It's not just the alcohol that numbs the pain, hops is a very potent anti-inflammatory. So if you're going to have a drink in the evening and you have arthritis or other pain, make it a beer."

If you're more of a tea drinker, try ginger — or green teas to alleviate your pain. Remember always talk to your doctor before trying any new remedies.

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