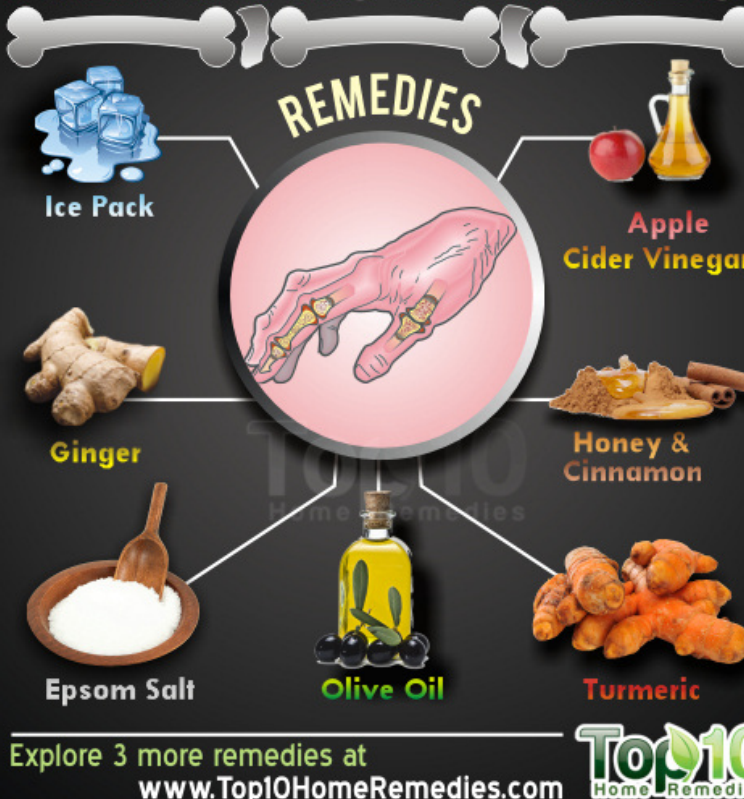


Natural Cure for Pain & Inflammation in Fingers

<http://www.top10homeremedies.com/home-remedies/home-remedies-for-arthritis-in-hands.html>
<http://www.epainassist.com/articles/having-arthritic-pain-in-hands-here-are-the-home-remedies-for-it>

- Early AM drink - Warm Water, Apple Cider Vinegar, Honey & Cinnamon
- Turmeric
- Ginger
- Omega 3 - Salmon oil
- Garlic
- Cherries
- Potato - soak slice & drink AM
- 8 Glasses Alkaline water & lemon
- Olive Oil in food - its liquid gold
- Epsom Salt hand soak
- Blu-Emu analgesic cream
- Ice to reduce inflammation
- Repair Gold by Enzymedica
- Meditate on Healing Scriptures

Top 10 HOME REMEDIES FOR ARTHRITIS IN HANDS



Explore 3 more remedies at www.Top10HomeRemedies.com



1

Pour warm water in a glass.

Top 10 Home Remedies

Home Remedy for Arthritis



3

Mix in 1 tsp raw honey.



2

Add 1 tsp raw, unfiltered apple cider vinegar.



4

Drink this solution daily in the morning.