

NATURAL PAIN RELIEF AND ANTI-INFLAMMATORY

Turmeric (best when taken with a fat like a fish oil, coconut oil, avocado oil) some brands have the fat portion built into the supplement already

Frankincense: can be used in essential oil form (attached instructions) or used in pill format: the pill format is called Boswelia

Analgesic/Pain Relief:

California Poppy

Clove

Corydalis

Jamaican Dogwood

Kava

Willow Bark

Anti-Inflammatory:

Turmeric

Frankincense/Boswelia

Celery seed

Calendula

Ginger

Golden Seal

Myrrh

A lot of the above are found in tea format as well: they are not as potent in that form but easily found at places like Nugget or Safeway