

I am frequently asked for custom herbal preparations to help with Rheumatoid Arthritis. Most clients that I have worked with were on conventional medication and were unhappy with their results. Herbs can replace prescription drugs such as Humera, but please consult with your RA doctor before stopping Humera or any prescription drugs, and let them know that you are considering alternative methods. Herbs have been used with outstanding results for RA sufferers, they do however, work much slower, gentler, and efficiently. Consider discussing with your doctor the best way of weaning your body off the current medication and then supplement with herbs and dietary suggestions. This way your body can readjust.

Herbs; internal and external, green tea, great food choices, and yoga are all very good additions to an RA regimen. Fish oils are also good supplements to try for rheumatoid arthritis since they reduce inflammation. Cod liver oil is a good choice.

Some dietary guidelines I like to suggest- avoid sour foods (yogurt, vinegar, oranges, grapefruit, and pickles) as these over-stimulate the liver, causing it to contract tendons and increase pain. Also, avoid acidic foods (citrus, tomatoes, eggplant, peppers, potatoes, red meat, excess grains, alcohol, caffeine), which aggravate arthritis. Maybe research acid/alkaline food balancing.

Some herbal preparations specific to RA and other joint related complaints that I make include teas, balm, baths, liniments, and poultices. These blends can be customized to your specific needs. I would suggest combating RA with internal and external applications simultaneously. Together, your body will be healthier and happier.

Please email any questions to herbalist@morganbotanicals.com

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