

# The Best Herbs For Reducing Inflammation

Turmeric – A ½ teaspoon of turmeric in warm milk is an effective remedy for pain caused by inflammation.

Ginger - Inhibits the production of toxic free radicals and pro-inflammatory compounds.

Cayenne Pepper - Contains a compound called Capsaicin which is effective in treating inflammation induced pain.

Cinnamon - The active component of cinnamon inhibits the NF-kappa B protein, which is related to inflammation-induced damage.

Clove - Clove contains eugenol, which works in part by blocking the COX-2 enzyme that causes inflammation.

Garlic - Soothes inflammation and pain caused by arthritis by suppressing formation of nitric oxide and prostaglandins.

Black Pepper - Black Pepper contains a substance called piperine which is highly effective in treating acute inflammation.

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