

A 缓解关节炎的饮食建议
Dietary Recommendation for relieving Arthritis

抗炎的食物有助于缓解关节发炎
Anti-inflammatory foods can help to relieve joints inflammation

		
醋 Vinegar	梅果 Berries	姜/ 香茅 Ginger/ Lemongrass

可以摄取抗炎的食物
consume anti-inflammatory foods,

Arthritis is a common disorder of joints problems that involves inflammation of the joint. This often results in significant joint pain, along with swelling, stiffness, and reduced joint mobility. Which helps better to relieve joints inflammation & prevent degeneration of joints better, diet or supplements? : ? Learn more at this video link:

<https://youtu.be/r8Yth6Z6qTw>