

HERBS FOR CHRONIC PAIN

Topical Remedies:

Topical remedies are products like balms, infused oils, and poultices.

They are applied to the skin to calm conditions like arthritis, muscle pain, and sprains. Herbs for topical remedies are:

Wintergreen

Yarrow

Ginger

Arnica

Hemp CBD

Internal Remedies:

Internal remedies are products like tinctures, capsules, or oxymels that are taken orally for conditions like

headaches, general pain, and inflammation. Herbs that make great internal remedies are:

White Willow Bark

Curcumin

Turmeric

Ginger

Feverfew

Find more info at

www.theathomeapothecary.com