

REMEDY FOR PAINFUL JOINTS

Written by Administrator
Thursday, 13 December 2018 17:15 -

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A Brother who is a medical doctor advises the following herbal treatment for painful joints:

Knee, bone and joint pains herbal remedy

Ingredients:

3 tablespoons raisins

40 grams pumpkin seeds

2 tablespoons unflavoured gelatin (halaal)

4 tablespoons sesame seeds

200 grams honey

4 tablespoons flax seeds

Blend ingredients until it is a homogenous liquid blend.

Refrigerate

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Have a spoonful before breakfast and before lunch

Within a few weeks tendons and ligaments become stronger Inshallah