

Relief for Rheumatoid Arthritis

Research on the effects of herbal therapy for rheumatoid arthritis seems to be offering promising results.

Rheumatoid arthritis is a form of inflammatory arthritis and an autoimmune disease. It causes your immune system, which normally fights disease, to attack its own tissues, specifically the lining of your joints. The result - painful, stiff and swollen joints.

There is no cure for rheumatoid arthritis. Treatments typically focus on relieving pain and stiffness and improving one's ability to function.

It has recently been shown that evening primrose oil, borage seed oil, or blackcurrant seed oil may improve pain and function in those suffering from the condition. People who took one of these three herbs rated their pain 33% lower 6 months after treatment.



Source: <http://onlinelibrary.wiley.com.ezproxy.cmcc.ca/doi/10.1002/14651858.CD002948.pub2/abstract>