

# Download Arthritis And Folk Medicine

Alfalfa (*Medicago saliva*): Alfalfa is a folk remedy for arthritis in southern Appalachia. Alfalfa tea is rich with nutritive minerals. We recommend that you do not take the alfalfa powder; take the tea instead. 9th International Conference & Exhibition on Traditional & Alternative Medicine going to be held in Osaka, Japan during May 20-21, 2019. Arthritis is a general term that refers to pain, swelling and stiffness in your joints. There are a variety of types of arthritis. Osteoarthritis is known as the wear-and-tear arthritis and occurs as you age or due to an injury. Seeds for plants use in Folk Medicine . Important Note: Most of the seeds on this page will benefit greatly from using the CAPE Smoke Seed Germination Primer that we use in our own greenhouses.