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Gin soaked raisins for inflammation

Arthritis is a condition that can affect an isolated spot or several places on your body, sometimes completely disabling those who suffer from it. Discomfort is caused by swelling/inflammation of the joints leading to stiffness and pain. Increased physical activity, weight loss and hot/cold treatments not only help manage tenderness and tenderness, it also facilitates increased endurance and range of movement. There are occasions though in terms of getting things very excruciating, and you may be looking for a source of comfort that does not require a prescription. I've received this party over the years by a few different readers but I was reluctant to publish the treatment because it involves consuming a little alcohol (minimal) and I am extra warned with those. I finally took the time to do a bit of an investigation and found some reliable sources online declaring that it could actually be useful for relieving arthritis (and why). First, here's the essence of home therapy (all three recipes were pretty much the same as that I've met in one file), and I referred to the sources I looked under... Recipe * Raw guidelines, make any desired amount Ingredients: 1 cup golden or white raisins (can not have any other variety) approximately 3/4 cup good quality GinDirections: discharged into a glass or ceramic bowl (a large filled jar will also suffice) then pour alcohol on top until * just * covered (it must be completely submerged). Take a piece of cheese cloth or coffee filter to cover the pot (keep the dust) and set it out of the way (remain at room temperature). Leave for two weeks or until all the liquid of the fruit has been absorbed (at least one week, with higher with more if necessary). Store in a sealed glass jar and cool. Instructions: Eat 9 every day, sprinkle on a bowl of cereal if you don't bother to taste them on their own. Spraying a bit of cinnamon helps to improve the flavor. It may take 4 to 6 weeks of daily consumption before the results start to kick.* Variation: One person suggested consuming 15 every day for the first two weeks, then dropping to 9. Who says it works?Dr. Oz himself announced this winner (quoted from Oprah Winfrey's website, although the page is no longer available online): Verdict: Works! Drinking alcohol has been shown to reduce the risk of rheumatoid arthritis in half. Gin is flavored by juniper berries, which has anti-inflammatory properties. Raisins contain ferulic acid, gentic acid and salicylic acid – all natural pain killers. Another article on the web that is no longer available (from Foxnews.com) explains in more detail why it can help. Here's a brief quote (as she recommends taking 10 a day): Discounts here don't add up to the absolute guarantee that raisins soaked in gin will relieve your arthritis. But no doubt, there's enough. Pain relief compounds in golden raisins, sulphur dioxide and juniper gin to add up to a lot of very likely relief. Thank you so much to Bill, Cheryl and Maria for sharing a hint, sorry I took my time posting it! Alternative remediesif you are looking for a solution that does not include liquor, I have a few to try: eat a cherry tart or drink sour cherry juice often. Cinnamon: Every morning take 1/2 teaspoon of cinnamon with 1TBS of honey. Juniper Berry Tea: Include a of honey if it is too bitter. Turmeric: Contains curcumin which has anti-inflammatory properties. Add to the food when cooking. Warning: People who are on the blood thinning medication should avoid this since turmeric can thin blood. Reduce sugar from the diet: Skip soft drinks, sweets and sugary drinks. Apply soothing hot pads (help to make them on this page). Chamomile tea bags: Apply used bags to aching joints (can be kept refrigerated). Fresh ginger: A small piece of fresh ginger peeled for breakfast, lunch and dinner (the size of the piece is about 1/2). Organic apple cider vinegar: (daily) add a tablespoon of honey and a tablespoon of apple cider vinegar to a large glass of water (warm). DIY Massage Oil: A good pinch blend of ground cayenne with a few tablespoons of olive oil. Apply to trouble spot (cover with cotton wrap). It may cause a burn that will dissipate over time. Spices can soften the skin. Note: The above information is not intended to be a substitute for professional medical advice, but is just a collection of information collected. Claim: Eating raisins soaked in gin relieves arthritis pain. Facts: The treatment of gin-soaked raisins has been promoted for decades for arthritis patients, although it has not actually been scientifically studied. Paul Harvey referred to the treatment of drunken raisins on his popular radio show, which lasted from the 1950s to the 1980s. It goes on to say something like this: take some gin (no specific amount or brand) and a set of golden raisins (not black) and let them soak in gin for a week or two (again no consistent recommendation). The dosage is also different. Some supporters recommend eating seven to nine sunken raisins twice a day for two weeks and then once a day thereafter. Don't you want to make them yourself? Some sites sell vacuum packed drunk raisins. Although the effectiveness of treatment is not proven, advocates cite various scientific findings to make it seem at least reasonable. First, the oil of juniper berries, which gives the gin its distinctive flavor, is rich in antioxidants that have anti-inflammatory properties. But just how much remains after the gin is distilled and bottled uncertain -- and very small. Brands of gin vary greatly in the amount of juniper oil they contain, according to a study in the journal Chromatographia A. The raisins themselves have also been promoted as a source of anthocyanidins (compounds that are thought to reduce inflammation) and resveratrol (an antioxidant shown to protect cartilage in mice with inflammatory arthritis). But raisins actually contain little or nothing of these specific compounds. Golden raisins, in particular, are high in other types of antioxidants, however, because sulphates used to maintain their light color during drying prevent some of these compounds from being destroyed. But even if the antioxidant compounds found in both gin and raisins can benefit people with arthritis, it is very unlikely that there will be enough in the small amounts consumed to have any effect. Then there is the same alcohol, which, of all the components of the treatment, may be most likely to undergo pain, at least temporarily if you consume enough of it (you may have to wash raisins with one or two gin directly so that it happens). Most likely, any benefit of raisins soaked in gin due to the placebo effect. Bottom line: While treating drunk raisins sounds like fun, you're better off eating lots of antioxidant-rich fruits and vegetables and checking with your health care provider about prescription or over-the-counter options to relieve joint pain if necessary. If you still want to try it, note that people who are allergic to sulfate need to avoid most golden raisins. As Paul Harvey said, now you know the rest of the story... Also see does B vitamins really give you energy? Rank sharks all these beautiful people in the cloud tell you that if you dump a box of small golden raisins, a small sun maid in a pan and covered with a pint of gin, you will magically have golden raisins relieving pain in the gin within two weeks. Well, so. While this may help some, it has not told you everything like choosing the right gin and raisins are important. Yes. This is where we all started from the rumored recipe of the 20th century (previous century). All right... We've got a long baby. 100 years can make a real difference. I thank the lucky stars who saw the light and knew that most of the things seen and created early in the previous century could be improved. We did it with cars, airplanes, nylon, summer pants, cell phone and microwave, so why not with raisins soaked in gin. This has been done with the emergence of Velkerraisin earlier this 21st century and has been constantly improving ever since. 21st century velkerraisins recipe start with the golden jambo raisin option (instead of a shop bought raisins that you will note... there's a difference) and a long sought addition after the correct juniper berries influenced gin. Create a real soaking process in a sealed bowl with great honey and import cinnamon bark oil (Sri Lanka). We take from 10 days to two weeks on each batch while irritating them to clean sulfur dioxide from the surface of raisins and let the honey and cinnamon infused gin to penetrate into the raisin skin. This welds raisin meat, and generates the charm of one of the best anti-inflammatory foods available. When everything is finally ready, we drain our velkerrise in a large calderon and warm them to draw some of the alcohol content (not critical to the effectiveness of anti-inflammatory values). When golden raisins in gin are ready, we vacuum pack them (important for continuing the process of continuous soaking) and ship super fresh velkerrise to you within 2 to 3 days. We pull a new batch 2 or 3 times a week to ensure freshness. With our vacuum packaging, shelf life is guaranteed more than 90 days on your countertop at room temperature. The other 1-pound bags, from your order and placed in the fridge, will be delicious and fresh after 6 to 9 months. Take it out 1 pound at a time and put it in a glass bowl (with the top) on your countertop to make it accessible to your toothpick, chopsticks, or spoon whenever you want some. It is a food you are not in danger of over-indulging in over-indulging in affluence but may be prone to better arthritis relief. Why say don't make the old fashion raisins soaked gin. If you can find jumbo golden raisins it will cost you \$8.99/lb. If you find the right gin, a pint of it will cost you about \$8.00. At this point, you already have \$16.99 invested, and you still don't have additional pain relief provided by honey and cinnamon bark oil. You're also 2 weeks away from having a mixed mix that you'll call raisins soaked in gin and taste a lot like gin. SMART BET. Order The Velrise at 3 lbs (or more at a lower cost) at only \$21.95/lb. You'll get a \$6.00 discount when you type 9NEWS.COM coupon code on checkout. Don't buy only 1 pound of our raisins for invading joints because it's just a taste test, you can save a lot of money with a slightly larger order. Additionally, you have a better chance of enjoying all the pain relief benefits of this special food (3 lbs = 2 1/2 mo offer). In Paul Harvey's words now you know the rest of the story 1918-2009-2009

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