



# Arthritis Blend

Formulated especially for sufferers of arthritis, rheumatism, gout, backache, sore joints, muscle strains and sports injuries. Can reduce inflammation and acidity in the body.

**best brewed at 100°C | caffeine free | hand blended in Tasmania**

**Silver Birch Leaf:** acts as a diuretic, which may aid kidney, bladder and urethra health and reduce excess fluid. May help ease arthritis, gout, rheumatism and cystitis symptoms, as well as hair loss and skin irritations.

**Nettle:** acts as a diuretic, expectorant, pain reliever and liver tonic. Rich in minerals, it may be helpful for those with arthritis, rheumatism, kidney and liver problems and inflammation.

**Celery Seed:** can help reduce blood pressure, relieve muscle spasms and improve appetite. With diuretic and sedative properties, it is commonly used to aid arthritis, gout, fluid retention and kidney problems.

**Organic Ginger:** stimulates circulation and may reduce inflammation, spasms and cramps. An effective anti-microbial agent that may also alleviate bowel problems, muscle pain and nausea.

**Devil's Claw:** can provide pain relief by reducing inflammation and swelling, while also acting as a diuretic and digestive stimulant. Commonly used for arthritis, gout, myalgia, backache, gut and kidney health and migraines.

*Best avoided during pregnancy*



[artoftea.com.au](http://artoftea.com.au)



[/artofteaAUS](https://www.facebook.com/artofteaAUS)



[@artofteatasmania](https://www.instagram.com/artofteatasmania)