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缓解关节炎的饮食建议
Dietary Recommendation for relieving Arthritis

抗炎的食物有助于缓解关节发炎
Anti-inflammatory foods can help to relieve joints inflammation

		
醋 Vinegar	梅果 Berries	姜/ 香茅 Ginger/ Lemongrass

可以摄取抗炎的食物
consume anti-inflammatory foods,

Have you try consuming consume collagen foods, eg: animal cartilage, aloe vera & sea plants, etc to lubricate your stiff joints? Learn more at this video link:

https://youtube.com/shorts/A06YT_zQpJc?feature=share