

THE INDEPENDENT



FREE WALLCHART

CHANGE YOUR LIFE IN 5 DAYS

TODAY: HOW TO LOSE WEIGHT



How to kill the Pain

by Anastasia Stephens

Nature's painkillers

Plant extracts and other techniques are proving effective at combating the inflammation that underlies painful conditions. So, which are nature's best pain-busters?

■ CAT'S CLAW

Research has now confirmed what traditional doctors have known for years - that cat's claw, or *Uncaria tomentosa*, contains powerful anti-inflammatory substances, making it effective for conditions such as arthritis or back pain.

It's available from Rio Trading Company.