

Ankylosing Spondylitis

1. Methi dana , Cinnamon , Ginger-turmeric Water
2. Giloy or Wheat Grass Juice
- 3. Anti-Inflammatory Foods –** Flax Seeds, Berries, Walnuts, Garlic, Cherries , Broccoli, Cinnamon, Turmeric, Green Veggies, Green Tea, Dark Chocolate, Red Whine, Peppers
4. Exercise & Massages
(Strengthening & Flexibility of Muscles)

Avoid – Processed Meat, Soda, Chips, Processed Cheese , Sugary Drinks, Sweets, Packed items , Maida or Refined Carbohydrates