

*Naturally*  
food for what ails you

## **Gin Soaked Raisins for Arthritis Relief**



Gin soaked raisins are an old time folk remedy to relieve arthritis pain.

The juniper berries used to flavor gin are high in terpenes which are used in many anti-inflammatory prescriptions.

Raisins are rich in anti-oxidants, B vitamins, minerals, iron, potassium, calcium and are known in the natural food industry as a natural pain killer.

## **How to Make Gin Soaked Raisins**

### **INGREDIENTS**

Box of Golden Raisins  
Gin

### **INSTRUCTIONS**

#### **Empty the golden raisins in a shallow bowl and cover with gin**

Empty the box of raisins into a shallow bowl and cover with gin - just barely cover them....

Leave the golden raisins to soak for 11-14 days until the gin has evaporated. Once the gin is evaporated, they're ready to eat!

#### **Eat 9 gin soaked raisins a day**

It might take the remedy 6-8 weeks to work, so be patient!

## **But does it work?**

The best answer would be to make up a batch and try it yourself.

Some swear by it. Some say it's the placebo effect. But if it works, who cares?