

10 Foods That Kill Pain Fast

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You're suffering with the pain from a headache, toothache or perhaps a more serious condition, you go to the medicine cabinet to get some acetaminophen or ibuprofen, but you have run out... It's late and the stores are shut, what do you do?

Well it might be a good time to know that many of the foods your likely have in your kitchen, have various painkilling properties. Chilli peppers, turmeric and dark cherries all have powerful painkilling properties. I have posted previous about how I use [turmeric to reduce inflammation and pain](#). Check out the full list of painkilling foods bellow and then test them out yourself to see which ones work best for you.

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(Image from: [Natural Living Ideas](#))