



Rosehips can reduce the pain...

ROSEHIPS could provide new ways of tackling a whole range of inflammatory diseases, research suggests. The red berries, one of the richest sources of vitamin C, have been used in cooking and medicine for hundreds of years. Experts now believe they may help combat rheumatoid arthritis, bowel disorders and even heart disease. Biochemist Dr Kaj Winther, from Frederiksberg Hospital in Copenhagen, Denmark, said: 'There is exciting evidence that the anti-inflammatory and antioxidant compounds in rosehips might have quite a wide therapeutic effect.'