

# Finding pain relief in kitchen cupboards

By Beth Howard, AARP

Got knee pain? Drink some soy milk. Sore back? Eat salmon. The right foods can ease your aches: Recent research suggests that some pack as much pain-fighting power as common pain medications like ibuprofen. “What we eat has a dramatic impact on levels of pain in the body,” says Beth Reardon, M.S., R.D., a nutritionist at Duke Integrative Medicine at Duke University Medical Center in Durham, North Carolina. Read on for the best pain remedies to put on your plate and try some delicious recipes.

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