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Arthritis Diets

By: [Eugene Williams](#) ★

Arthritis diets should be at the forefront of relieving the symptoms associated with this joint ailment. Arthritis has become a pandemic problem and should be taken seriously. There are well over 40 million Americans suffering from some variation of arthritis (rheumatoid, osteoarthritis). In this article, I reveal certain substances that can possibly help to reduce swelling and promote joint healing.

Glucosamine Sulfate This helps to regulate cartilage damage and restores maximum joint health by stimulating the growth of new cartilage.

Bromelain Is a mixture of protein digesting enzymes found in pineapples. This promotes blood flow to affected areas, helps ease pain and inflammation and speeds up joint repair. Bromelain is a key element to arthritis diets.

Boswellia Serrata An herb that may improve pain and function in patients with osteoarthritis. This Ayurvedic herb helps block the 5 Lox pain enzyme and improves overall mobility.

Curcumin This is the active compound in turmeric. Curcumin is a powerful free radical fighter that may help to improve joint discomfort.

Bioastin Is a microalgae antioxidant. In 1999 Bioastin completed a review by the FDA. Bioastin can be a weapon against joint pain and is 550 times more powerful than vitamin E in some studies. Bioastin can be a great addition to any arthritis diets.

MSM Provides sulfur which is a vital building block of joints, cartilage, skin, hair and nails. This methyl group supports many vital biochemical processes in the body.

Serrapeptase This is a proteolytic enzyme that is isolated from a microorganism called Serrata E15. This enzyme can be used to digest non living tissue cysts, blood clots, and inflammation in all forms. It also helps to thin fluids that gather around injured areas and helps them drain better. Serrapeptase is another great addition to any arthritis diets.

Arthritis is a very painful and life altering problem that needs your full attention. Please look for more information on arthritis as it is uncovered.

Check out the website located in the resource box below for more information on a product that encompasses all this and more.

DISCLAIMER

The information provided herein should not be construed as a health-care diagnosis, treatment regimen or any other prescribed health-care advice or instruction. The

information is provided with the understanding that the publisher is not engaged in the practice of medicine or any other health-care profession and does not enter into a health-care practitioner/ patient relationship with its readers.

<http://www.born-again-health-and-fitness.com/early-symptom-of-arthritis.html>

Diet Information For Arthritis

By: [Max Peykar](#)

Arthritis is a disease that has spread its feet all across the world. Due to bad food habit and untimely schedule most of the people who has crossed their 50 years age has been suffering from Arthritis. Millions of people do visit to orthopedics to get out of the clutch of Arthritis. Arthritis is basically a disease which cause severe pain in joints area of the body like that of knees, elbows, ankles etc. every joint of our body has a protecting layer that act as a lubricant and make a free movements of the joints. In long term these lubricating layers may get damaged which consequently cause rubbing of bones in these joints and hence a severe pain is felt by the patient.

It's quite surprising, but a fact to know that there are certain foods to avoid with arthritis. Once you have been caught by this arthritis, the only way is to make some precautions in your diet. All the arthritis patients should be well aware of the foods to avoid with arthritis.

According to researchers, if the food habit of a patient suffering from Arthritis is changed then a rapid improvement in his condition can be felt. Foods rich in fat content should immediately be avoided, as it leads to over weight of the patient. Now excessive weight puts an extra pressure on the joints and the situation even worsens. Those foods that produce acidic content in our body should be avoided. Foods with high content of carbohydrates, proteins, minerals and vitamins should only be preferred.

Fruits and vegetables are the greatest source of vitamins and minerals; hence they should be taken in ample of quantity. Including fruits and vegetables, all such food ingredients are to be taken by the patient that has an alkaline effect on our body. This alkaline effect has the capability to neutralize the acidic effect of the body, thus minimizing the Arthritis pain to its minimum.

All those foods that trigger up the arthritis pain should never be taken into the regular diet by a patient. Foods to avoid with arthritis are as follows, milk and dairy products, flour, sugar, red meat, butter margarine, chocolate, sugar, caffeine, white potatoes, red peppers, salt, wheat flour and Bran. These food ingredients should always be kept away from arthritis patients. These foods have the capability to produce acidic contents in our body which causes even more pain. Hence these foods should be eliminated in usual diet of a patient.

It's always suggested by the doctors to go for those food which produces alkaline behavior in our body. Acidic content triggers the arthritic pain and worsens the situation that sometimes pain becomes unbearable, hence to neutralize those acidic content I the body, those foods are required that can produce alkali. Apple blackberries, kiwi fruit, mango, cantaloupe, strawberries, sardines, carrots, squash, sunflower seeds, almonds,

ginger, garlic, turmeric are some of the food ingredients that has alkaline effect on our body.

By following the above mentioned diet information, one can definitely put a check on arthritic pain, but it can't be completely removed. Hence a regular exercise should always be done early in the morning. Orthopedics may also be consulted in this regard, which may guide you further in proper exercising tips and tricks.

In America, 1 in 7 suffer from arthritis and this figure will be increased to 60 million within 12 years. More information about [natural arthritis treatment](#), and other types of arthritis at [Arthritis Treatment Guide](#)

Follow A Good Diet Plan To Help Your Arthritis

By: [Max Peykar](#)

Arthritis is an infuriating state that influences the joints and muscles of your body. Arthritis comes in different forms, as many as hundred forms. It is amazing to learn that a healthy and balanced diet can bring a symptomatic relief. It can help you to improve your health in variety of ways. Though any food cannot do wonders or cure your disease, you'll definitely benefit from an improved overall health by supplementing your diet with a lot of nutrition.

Arthritis patients are directed to adhere to some basic guiding principles for a healthy living. A fat free diet is recommended as high-fat diets have low nutrients that are vital for maintaining healthy joints and muscles. Dieticians advocate that arthritis patients should remain well hydrated with a high intake of non-alcoholic drinks everyday. Another important fact is that the arthritis patients must make every effort to eat a healthy and balanced diet based on plant-based foods. Osteoporosis generally follows arthritis in old age so the arthritis patients must make it a point to intake calcium supplements with their diets. You must also maintain a healthy weight as a low body weight can relieve the load on your joints. This will also help you to relieve the arthritis symptoms.

Reducing your body weight can relieve the symptoms of arthritis. If you are planning to lose weight you must look for the advice of an arthritis expert. You must follow the guidelines of the doctor before starting the plan. If necessary a weight loss plan may be prescribed for alleviating the symptoms of arthritis. A right kind of food and low impact workouts are recommended for arthritis. Water exercises done at a low pace are ideal exercises as they provide a good workout without damaging your brittle bones. Yoga can also help to make your joints more flexible and toned. A regular walk has multifold benefits. It can help in reducing weight remaining flexible and maintaining a healthy body. All the physical exercises must be done after consulting your doctor as they may not recommend high impact exercise that might harm you.

Your diet can influence arthritis is certain foods affect the immune system or the inflammatory process. The omega-3 fatty acids found in fish oil are very helpful in treating arthritis. A diet rich in fish oil can help in relieving the arthritis symptoms. Studies reveal that the fish oils decrease the molecules that are responsible for aggravating the inflammation in joints. The fish oil can drastically reduce the painful inflammation in arthritis. It is particularly useful in osteoarthritis and rheumatoid arthritis, which cause the painful inflammation of joints. Evidence illustrates that excessive weight and the kind of diet you consume may affect symptoms of certain types of arthritis and related conditions. So augmenting your diet with fish oil can bring a symptomatic relief in arthritis. Despite this disease, the omega-3 fatty acids are also useful in heart problems, prostate cancer, asthma, and so on.

In America 1 in 7 suffer from arthritis and it is expected to increase to 60 million. Learn

more about [arthritis diet](#), [arthritis types](#), and other related information at Arthritis-Treatment-Guide.info

Arthritis Diets - What Works?

By: [Paul Elms](#) ★

If you have spent any time surfing the Net or reading magazines, the chances are you will have seen the next 'miracle' diet for arthritis. Some suggest we should take certain supplements. Others that we should avoid certain foods. So is there any evidence that any of these diets actually work?

Most doctors that work in the field will tell you that diet can indeed help in controlling symptoms of your arthritis. But not the faddy diets that are often extolled in the popular press. The general consensus is that you should be following a sensible diet that is high in fresh fruit and vegetables and low in saturated fats. This will give the body all the nutrients it needs, and can help to reduce weight when combined with a sensible exercise plan.

One thing is probably worth pointing out here. This is not a 'diet' as most people use the word. It's not just a set of meals that you take for the next 2 to 4 weeks. This is a lifetime commitment to eating more healthily. In fact you could call it a 'lifetime diet'.

So is it worth the time and effort looking at arthritis diets? Sure it is. But just be aware that some of the dietary 'advice' that you read about has been produced by companies that are trying to sell you their latest pill or supplement.

One of the changes that can easily be implemented by most people is eating plenty of fresh fruit and vegetables. Diets that are high in saturated animal fats contain substances that can lead to inflammation. On the other hand vegetarian diets seem to reduce inflammation. In one study on patients with rheumatoid arthritis, those that followed an 'anti-inflammatory diet' showed less symptoms after several weeks. This diet consisted of reducing their intake of dairy products and restricting the eating of meat to twice a week.

Certain fruit and vegetables contain antioxidants that protect joints and reduce chemicals that cause inflammation. Fruit and vegetables that contain vitamin C seem to be particularly useful. Oranges have been studied and this fruit has had good results with arthritis pain. Other fruits that can be used include blueberries, spinach and apples.

Some 'alternative' arthritis diets recommend the cutting out of foods from the nightshade family. This includes tomatoes, potatoes, eggplant and peppers. There is little scientific basis for this, and quite a bit of controversy among healthcare professionals. You could try it for a period of time and see if you notice a difference. But remember that you need to make sure you have a balanced diet. Tomatoes and peppers are a good source of vitamin C and antioxidants, so you will need to ensure that you are still eating a good source of these items.

For more information on [natural arthritis remedies](#) visit

<http://www.arthritispainadvice.com>. You'll find tips on dealing with the pain and discomfort of conditions like osteoarthritis and [rheumatoid arthritis](#)

The Best Diet For an Arthritis Patient

By: [Rex Magnum](#)

Now more than ever, doctors are beginning to believe that some of the severity of arthritis can be reduced by eating the right foods and avoiding others. There needs to be a great deal more research done to investigate the right diet for every type of arthritis, but past successes have proven that there is a connection between what we eat and how bad our arthritis symptoms are. For instance, a gout patient who avoids alcohol and eats purine-rich foods can lower the uric acid level in the blood. Less uric acid drastically reduces the chances of having a gout attack.

Watch Your Weight to Lower Arthritis Risk

People who are as little overweight as 20% have shown a far greater risk of developing arthritis and of aggravating existing arthritis conditions. It is easy to understand that extra body weight will add to the stress placed on damaged joints. People who eat more also experience a greater likelihood of eating something that acts like an allergen in triggering flare-ups of arthritis and altering the immune system.

Any diet that is well-balanced and healthy will contribute to the well-being of an arthritis patient. In addition, it's always the smartest practice to avoid fad diets. You can never tell with a fad diet if you're getting the nutrients necessary for overall health and well-being.

Tests on the effects of high cholesterol and high fat foods on arthritis have proven that both contribute to the development of arthritis as well as to the increased pain levels of current patients. To start with, you want to eat a diet low in these items in order to avoid getting arthritis. If you already have arthritis, avoiding these foods will help relieve pain.

Among the foods that all people should avoid, and especially arthritis patients, are:

- Foods from fast food restaurants
- Soda
- Potatoes, pasta, and other starchy foods
- Red or other fatty meats
- Foods that are high in saturated fats
- Some foods are beneficial to those suffering from arthritis because they seem to relieve pain. Fruits which contain high vitamin C content include oranges, strawberries, and apples. Oily fish are high in vitamin E, and whole grain wheat products and brown rice also contain beneficial properties.

In the western world, people eat diets that are far too heavy in cholesterol and fat. This diet is detrimental to the health of everyone, but arthritis sufferers may be making their symptoms worse by continuing to eat this way. Everyone should be eating a diet high in nutritious foods that don't contain fats and cholesterol. Not only will this type of diet

contribute to overall well-being, but it will also help people maintain their ideal weight. Overweight arthritis patients need to be the first to take up the cry: Fight Fat, Eat Right!

Thanks for browsing by and learning about [Arthritis Patient](#), as well as [Arthritis](#). You can always visit MYARTHRITISRELIEFCENTER.COM where some high quality articles are being featured.

Low Purine Diet

By: [Tom Donne](#)

Scientific research have shown that eating a low purine diet can prominently reduce your risk of suffering from an extremely painful condition called gouty arthritis. It's a very painful disease that is most common in older men, and is induced by a condition called hyperuricemia, which means that there is an excess of uric acid in the blood. When this happens, the body will form crystals that accumulate in the joints and cause aching gouty arthritis's symptoms.

Uric acid is a waste product left over from metabolic process of chemical compounds called purines that can be found in some of the foods ordinarily consumed by many people today. Low purine diets are notably helpful in lowering levels of uric acid in the body, and will usually cover reducing or cutting out foods that have high levels of purines.

If you suffer from gouty arthritis or have a family predisposition to this malady, it is a good idea to steer clear of low carbohydrate diets such as the Atkins and Protein Power diets. Their recommendation to eat large amounts of foods high purines such as meats and dark vegetables is almost sure to cause problems in those predisposed to gouty arthritis.

Once thought of as a "rich man's disease" because only the wealthy could afford to eat briny meats and rich breads and malted liquors on a regular basis, gouty arthritis is making a comeback due to the tendency of comparatively modern people to ignore foods high purines content in favor of convenience and cost. However, it's rather easy to switch to a low purine diet and the health benefits are great...they can even help you to lose weight quicker than low carbohydrate fad diets and keep the weight off, which is another way to dampen your predisposition to gouty arthritis.

Staying away from the list of foods high in purines is a start, and there are natural treatments that can help alleviate the symptoms as well.

It's an incomplete list of foods high in purines, which have the highest concentration of purines and should be avoided by those who are prone to gout or are already suffering from it.

- Pork
- Beef
- Lamb
- Bacon
- Seafood
- Foods that are made from yeast like beer and bread
- Alcoholic beverages

While these foods high purine levels can also prejudice symptoms of gouty arthritis, they can sometimes be enjoyed in moderation by those who usually follow a low purine diet. In this group is asparagus, cauliflower, mushrooms, peas, spinach, whole-grain breads and cereals, white poultry meats, such as chicken, duck and turkey, kidney and lima beans.

There are some foods that are good to include in a low purine diet, though they should not comprise the entirety of your eating plan: green vegetables and tomatoes, fruits and fruit juices, breads that do not use yeast, nuts, milk and milk products, such as butter and cheese, chocolate, coffee and tea.

Tom Donne is a full time SEO worker and a freelance writer who contributes articles on different subjects.

Check out the website about man related health news.

<http://pheromonetoattractwoman.biz/>

Arthritis Diet - Does Arthritis Diet Connect With Arthritis

By: [Solomon Oseri](#)

If arthritis sufferers had recognized the impact dietary practices can have on ones health; I doubt if they would still have allowed arthritis keep them in a sorry state. But because many don't realize it, they kept on taking the same diet which instigates arthritis.

The diets one observes either aggravate or lessen the pains usually associated with arthritis. The effects of a meal never ceases when one is through with eating. Although gradually, each meal either defend our bodies or destroy them. If you are a typical eater of junk food, red meat, white flour, and the diary products we have around, don't be surprise if your condition become worsen by the day.

Foods which are not "arthritis friendly" are usually low in fiber content. Commercially produced food, red meat, sugar and milk are all low fiber foods. Foods low in fiber content hardly flows through the digestive tract. And any food substance trapped in the digestive tract is a potential poison. In fact, there is a chemical connection between toxic substances trapped in the digestive system and arthritis.

Saturated fats present in most problematic food are the chief causes of inflammation in arthritis sufferers. Saturated fats present in animal food have been known to increase inflammation in joint. Moreover, it also encourages stiff and swollen joint. Consequently typical eaters of fried food, snacks, animal fats etc; are prospect of arthritis.

Arachidonic acid which is a fatty acid is also found in abundant quantity in problematic food. Commercially produced con – fed meat and diary products are notable examples. Usually, Arachidonic acids are converted by the body into pro – inflammatory compound which are stored in body cell membrane. These pro – inflammatory compounds are then transformed into prostaglandins and leukotriene. These are chemical messengers which instigate inflammation in arthritis sufferers.

Arthritis which is a degenerative illness strives well in an acidic environment. And most problematic foods are actually acid forming foods. This is the major reason why arthritis sufferers commonly have high level of acidity.

Arthritis diet is basically a distinct range of food and fruits that are alkaline in nature. Vegetable, raw seed, nuts, pea, grain and fish are some examples. Once this range of food and fruits are taken in a regular fashion, they help in reducing the acidic medium cause by our inappropriate diet. So if you desire to ease the pains and anguish arthritis is giving you. Try changing your diet.

Solomon Oseri is an authority on Arthritis.98% online information on arthritis is impracticable. Discover practically, How to be absolutely free from arthritis in one Month. Guaranteed. <http://www.arthritiskiller.wordpress.com>

Arthritis Diet Myths - Don't Be Fooled By These Food Fables!

By: [Nathan Wei](#) ★

One of the most popular myths I hear from my patients is that eating golden raisins soaked in gin will cure arthritis. There is no good research to support this notion. Save your money.

A recent popular diet, the Dong diet, advocates the elimination of fruits, red meats, and dairy foods. Not only is there no scientific evidence to support this diet but there may be potential harm. By eliminating so many potentially nutritious foods, there is the danger of causing a deficiency of important nutrients. Elimination diets though, have their supporters and selective elimination under the strict supervision of a registered dietician may be something to explore if you're absolutely convinced your symptoms are food-related.

Another diet advocates the removal of dairy products. There are some who claim that dairy products make arthritis worse. The concern here is that total purging of dairy foods can lead to severe calcium deficiency and subsequent weakening of bones.

For years, there has been a myth that states the elimination of nightshade vegetables such as tomatoes, potatoes, eggplant, and peppers will cure arthritis. The theory is that these plants produce a harmful toxin that causes arthritis. To date there is no scientific data indicating that these foods produce the supposed destructive ingredient that is responsible for inducing arthritis. Nightshade vegetables actually are low-calorie and contain important nutrients that might help arthritis sufferers.

Another popular "tonic" is the combination of vinegar and honey. Again, no reliable concrete evidence backs this as a "cure" for arthritis.

The advice: Thoroughly check out any story you hear. Don't be fooled. Talk with a reputable rheumatologist and dietician before embarking on a food "experiment."

Dr. Wei (pronounced "way") is a board-certified rheumatologist and Clinical Director of the nationally respected Arthritis and Osteoporosis Center of Maryland. He is a Clinical Assistant Professor of Medicine at the University of Maryland School of Medicine and has served as a consultant to the Arthritis Branch of the National Institutes of Health. He is a Fellow of the American College of Rheumatology and the American College of Physicians. For more information on arthritis and related conditions, go to: [Arthritis Treatment](#)

Arthritis Foods - How Can They Help You To Reduce And Manage Arthritic Pain

By: [Edison Paylor](#) ★

Arthritis foods can help to reduce pain especially if you have rheumatoid arthritis. In the past, doctors argued on the food issues that cause arthritis. As a result, many of them have different opinions on which the diet you should follow in order to cope with arthritic pain.

Some believe that by eliminating certain food groups such as animal protein, nightshade family, and dairy products can help to manage pain. However, the results vary from one person to another.

Fortunately, new researches suggest that some foods can contribute to arthritis. It also indicates that a healthy diet can help you to deal with arthritic pain.

A survey in 1989, which involved more than 1,000 participants who suffered from arthritis, showed that fats, sugar, red meat, salt, caffeine, and nightshade plants could aggravate the arthritic condition.

In one study, researchers found that elimination of dairy products could help the sufferers to feel better after a few weeks.

Vegetarian diet shows positive results also. In 2002, patients with moderate-to-severe rheumatoid arthritis experienced relief after four weeks on low-fat vegan diets. These diets reduce the intake of fats in their meals. They also change the composition of fats due to the presence of omega-3 fatty acids and almost non-existence of saturated fat. As a result, they upset the immune processes that are responsible for rheumatoid arthritis.

Oxygen free radicals are one of the contributing factors of arthritis. They accelerate the aging processes including of the joints. Vegetables are abundant with antioxidants. They can counteract the effects of the free radicals.

If you don't like vegetarian diet, you can choose another alternative. Eat more of oily fish such as salmon, sardines, and mackerel. They are rich with omega-3 fatty acids. These oils reduce the production of cytokines that cause destruction of joints.

You need to avoid omega-6 fatty acids as they can reduce the effectiveness of the fish oils. Instead of using polyunsaturated fats such as sunflower and safflower oils, choose olive oil and other monounsaturates.

As certain foods trigger arthritis in some people, you need to determine which foods are the culprits. Using a diary, you can record the foods you take every day and monitor the pain flare-ups. Watch out for problematic foods such as fatty meats, dairy products,

nightshade vegetables, and polyunsaturated oils. By keeping track of you eat, you can mark foods that stimulate the arthritic symptoms to burst out.

Do you know how exercises can relieve arthritic pain? Find out exactly how you can use [exercises in managing arthritis](#).

Edison Paylor writes for [EndArthritisAgony.com](#) to help arthritis sufferers to understand their treatment options. Discover how various [arthritis treatments](#) can benefit you in relieving pain.

Diet For Gout And Foods To Avoid

By: [Moss Greene](#) ★

It's important to know what foods to avoid with gout and the best gout diet.

Foods that cause gout were historically only available to the rich. That's why gout was called the "disease of kings." But today, nearly everyone can overindulge in rich food and drink. That's why two million Americans suffer from gout - just like King Henry VIII.

What is Gout?

Gout's painful joint inflammation is caused by the crystallization of excessive uric acid in the blood (hyperuricemia). Uric acid is a waste product formed by the breakdown of purines, which are natural substances found mainly in fatty meat - particularly red meat.

The latest, most definitive gout research followed 47,150 men over a twelve year period and the revolutionary results were published in The New England Journal of Medicine. The study clarifies which purine containing foods to avoid with gout and which foods can actually help prevent flare-ups in those prone to the disease.

Lead investigator Hyon Choi, MD, DrPH, of Harvard Medical School, found that each serving of beef, lamb pork or seafood increased gout risk by 21% or more.

Chicken, grains, fruits and vegetables, on the other hand, were found to have no risk, whereas two daily servings of low fat dairy were linked to a 50% gout decrease.

Obesity is another major factor in gout. Extra pounds put greater stress on the joints and increase the risk of hyperuricemia. But, don't lose weight quickly or resort to low carb diets that are high in fatty meats. They only increase uric acid in the blood.

Natural Solutions and Diet for Gout

It's highly possible to be naturally free of gout pain without having to resort to highly risky and unsafe anti-inflammatory medications such as Vioxx, Bextra or Celebrex.

To lose weight and prevent gout, Dr. Choi recommends a diet "rich in fresh fruits, vegetables, lean poultry and low fat or non-fat dairy products."

And since alcohol interferes with removal of uric acid and is often the cause of gout flare-ups, it's extremely important to limit or eliminate alcohol. Water, on the other hand, helps flush out uric acid, so drink at least 10 to 12 glasses of pure, clean water a day.

Here are the guidelines to naturally reduce or eliminate gout symptoms:

- Achieve and maintain a healthy weight,
- Eat lean poultry and low fat dairy for protein,
- Drink much less alcohol and a lot more water,
- Increase fresh fruits, vegetables and whole grains,
- And eliminate or greatly reduce red meat and seafood.

Fish Oil and Gout

To naturally prevent and reduce the painful inflammation and swelling associated with gout, Dr. Choi highly recommends taking good quality omega 3 fish oil capsules that contain all of the important and effective omega 3 fatty acids.

Fish oil is nature's most potent anti-inflammatory and produces excellent natural results with gout and all other forms of arthritis or painful inflammation.

The best [fish oil capsules](#) are guaranteed toxin-free and contain all 8 important omega 3 fatty acids. My highest [fish oil](#) recommendation includes DHA, DPA, HPA, EPA, ETA, ETA (3), SDA AND ALA and can be found at the [omega 3](#) web site.

Moss Greene is editor of Bella Online Nutrition and a widely published journalist, with a focus on optimum diet and natural nutritional supplements, such as omega 3 fish oil.

7 Tips For Fighting Arthritis Through Your Diet

By: [Sarah H](#) ★

Arthritis is believed to be caused by chronic inflammation that causes the body's immune system to attack when it shouldn't. The results of recent research suggest that it may be possible to combat this inflammation with a diet that is high in omega-3 fatty acids. Omega-6 fatty acids actually promote inflammation, so it is helpful to cut them out of your diet.

Here are seven arthritis-fighting tips you should be aware of.

- 1) Eat cold water fish such as non-farm raised salmon, cod, herring, sardines and trout at least twice per week. Other foods that are rich in omega-3 fatty acids include walnuts, flax seeds and supplements that contain omega-3. Talk to your doctor before taking supplements containing omega-3 if you are taking medication that thins the blood.
- 2) Replace oils such as sunflower oil, corn oil and safflower oil, that are high in omega-6 fatty acids, with olive oil or canola oil.
- 3) Eat lots of fruits and vegetables. Many of them contain antioxidants, which fight inflammation. Pineapples, blueberries and cherries are great sources of anti-inflammatory antioxidants.
- 4) Avoid white sugar, white flour and salt. These ingredients, which promote inflammation, are found in white bread, candies, cookies, sugary cereals and pasta.
- 5) Eat less red meat. Red meat contains high levels of inflammatory fatty acids.
- 6) Avoid foods that raise your low density (LDL) cholesterol. This type of cholesterol is inflammatory. Foods that contain trans fats, such as fried foods and baked goods (cakes, cookies, etc.), increase your LDL cholesterol.
- 7) Increase your use of spices. Research has shown that ginger, garlic, curcumin and other spices can help reduce arthritis inflammation.

Keep in mind that dietary changes should not be considered a complete treatment program for arthritis. Your doctor can help you decide what other treatment options you should consider and help you understand how your dietary choices can impact your condition. If your arthritis symptoms appear to worsen after consuming certain foods, you may want to consider allergy testing. Call us at (301) 694-5800 for allergy testing information.

For more great info on arthritis visit <http://www.howtostoparthritispainnow.com> a website offering tips, advice and resources on topics such as [natural arthritis relief](#),

recognising the symptoms of arthritis and tips on getting [arthritis pain relief](#) plus so much more.



Articles On Other Types Of Arthritis

Arthritis Report-How To control Your Arthritis

http://www.arthritispainbegone.com/How_to_Control_Your_Arthritis.html

Osteoarthritis (Wear and Tear)

http://www.arthritispainbegone.com/What_is_Osteoarthritis.html

Rheumatoid Arthritis

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Arthritis and Exercise

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Amazing Arthritis Relief

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A handwritten signature in blue ink that reads "Stacinth Allen". The signature is written in a cursive, flowing style.