

Fighting Arthritis with Food!



What is Inflammatory Arthritis?

Arthritis technically refers to any painful inflammation of the joints. However, the term is used more generally for almost all joint problems. Inflammatory arthritis, on the other hand, refers to those conditions of the joints that involve the immune system and inflammation. For example, in osteoarthritis, the inflammation arises because the articular cartilage on the ends of bones has worn away. In rheumatoid arthritis, the joint lining becomes inflamed as part of a systemic disease. Inflammatory arthritis stiffness and pain usually appear first thing in the morning and after sitting still for a while. This distinguishes it from degenerative arthritis, in which the pain worsens at the end of the day and with activity.

A list of foods to avoid that often aggravates Arthritis symptoms.

- Sugar, Caffeine, Citrus, Salt, Red meat, Dairy products, Food Additives, Soft drinks, Corn, and Flour.

Foods that should be added to your diet that will help your body fight Arthritis naturally!!

Foods that are high in Omega-3 fatty acids, extra-virgin olive oil, Free-radical fighting antioxidants (vitamin C, selenium, carotenes) and a few spices, ginger and turmeric. Foods that have the largest amounts of these Arthritis fighting compounds are: Salmon, Bananas, Sweet peppers, Shrimp, Soy products, Sweet potatoes, Cheese, Lentils, and Green tea. Eat lots of Cruciferous vegetables....Cauliflower, Brussels Sprouts, and Broccoli.

