

Nutritional Guidance for Managing Arthritis



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Nutrition for Rheumatoid, Osteoarthritis and Inflammation

Therapeutic Foods:

Sesame seeds, kale, artichokes, green beans, millet, celery, barley, okra, almonds, collards, turnip greens, raw goat's milk, goat whey, gelatin (make a gelatin mold with cherry concentrate and no sugar), burdock root, cherries, pineapple, watercress, grapes, blackberries, black currants, mustard greens, limes, lettuce, olive oil, garlic, green onions, red peppers, chicken, lamb, ginger, parsnips, scallions, black beans, red beans, mung beans, most grains(except wheat), leafy green vegetables, dandelions, cabbage.

Antioxidant-rich foods include: beans, berries, citrus fruits, cantaloupe, mangos, papaya, apples, apricots, red or purple grapes, dark green vegetables (spinach, asparagus, brussel sprouts, broccoli, watercress, other greens), red and yellow peppers, sweet potatoes, carrots, walnuts, whole grains, oatmeal, brown rice, olive oil, avocado.

Spices: Ginger, and turmeric spices have anti-inflammatory effects that may also be beneficial.

Green tea: It contains compounds called polyphenols that may help relieve inflammation and prevent osteoarthritis.

Foods and Beverages to Avoid:

Any food that produces an intolerance, animal products, cow's milk and other **dairy products**, wheat, butter, citrus fruits, corn, peanuts, spinach, tofu, green onions, asparagus, rhubarb and vegetables from the **nightshade family:** tomatoes, green peppers, potatoes, pimentos, eggplant; cold, raw, hot, spicy, fried or refined foods; **sugar** and sweets, cinnamon, coffee, teas or colas containing caffeine, alcohol and tobacco. Fatty meats (beef, pork and poultry skin). Any processed foods containing high fructose corn syrup or hydrogenated oils.

Add Essential Fatty Acids - 2 Tbsp. a day – Ground Flax Seeds- Essential Fatty Acids (EFAs) are necessary fats that humans cannot synthesize, and must be obtained through diet. Omega 3, 6 and 9. EFAs support the cardiovascular, reproductive, immune, and nervous systems. EFA's play a role in immune function by regulating inflammation and encouraging the body to fight infection.

Omega 3 EFA's Foods:

Flaxseed oil (flaxseed oil has the highest linolenic content of any food), flaxseeds, flaxseed meal, hempseed oil, hempseeds, walnuts, pumpkin seeds, Brazil nuts, sesame seeds, avocados, some dark leafy green vegetables (kale, spinach, purslane, mustard greens, collards, etc.), canola oil (cold-pressed and unrefined), soybean oil, wheat germ oil, salmon, mackerel, sardines, anchovies, albacore tuna.

Omega 6 Foods:

Flaxseed oil, flaxseeds, flaxseed meal, hempseed oil, hempseeds, grapeseed oil, pumpkin seeds, pine nuts, pistachio nuts, sunflower seeds (raw),

olive oil, olives, borage oil, evening primrose oil, black currant seed oil, chestnut oil, chicken.

Omega 9 Foods:

Olive oil (extra virgin or virgin), olives, avocados, almonds, peanuts, sesame oil, pecans, pistachio nuts, cashews, hazelnuts, macadamia nuts. One to two tablespoons of extra virgin or virgin olive oil per day should provide sufficient oleic acid for adults. However, the "time-released" effects of obtaining these nutrients from nuts and other whole foods is thought to be more beneficial than consuming the entire daily amount via a single oil dose.

Eliminate Inflammation:

Call Barbara Ann today @ 631-428-2427 to find out about how you can JOIN her highly successful "Biggest Loser~ the holistic way" 4 week group weight loss program!!

Source: excerpts from www.mayoclinic.com

Nutritional Healing

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