

Orthopaedic Connection

Arthritis Pain: Foods To Ease It

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Transforming patient information into patient understanding.

As an Orthopaedic Surgeon I have to know a lot about the treatment of arthritis. I know that much of the treatment of arthritis does not have to be surgical.

There are ten foods you need to know about that are high in nutrients and rich in anti-oxidants. They can help to reduce inflammation and discomfort.

Medical breakthroughs focus on new drugs, surgery and gene therapy to treat arthritis.

Scientists have long known that something as simple as the food we eat can affect chronic conditions such as arthritis. Research continues, but definite foods can decrease arthritis inflammation and pain.

Arthritis Friendly Diet

1. **Salmon, sardines, mackerel**
These fish are rich in omega-3 fatty acids, which decrease inflammation. Two servings a week = less joint pain.
2. **Green tea**
This is a strong reliever of inflammation because it is high in nutrients and anti-oxidants. Two servings a day can be hot or cold. Use a tea bag. Powder is too processed.
3. **Dark Chocolate**
It is high in anti-oxidants and can therefore ease inflammation. Keep portions small of course!
4. **Berries**
OK to indulge on this. High in anti-oxidants and fiber which can ease constipation from other medication.
5. **Apples**
Same as for berries. Plus they can curb your appetite against unhealthy snacks.
6. **Canola and Olive Oil**
Get these. Don't use generic vegetable or corn oil. Canola and Olive oil have a good balance of omega-3 and omega-6 essential fatty acids.
7. **Ginger and Turmeric**
Chemicals in these herbs ease inflammation. No data on recommended daily intake exists. Use when you can as these spices have health benefits.
8. **Nuts**
High in protein. Low in saturated fats. No cholesterol. Good source of fiber. Unsalted nuts are best for you. Get some. Don't wait.

9. Whole grains
Whole grain bread is best. Natural grains are great. Eat more.
10. Salsa
Did you know eating salsa is a good way to increase anti-oxidants and vitamin?

Well there you have it. An Orthopaedic Surgeon teaching nutrition! All of this is true and can help you cope with arthritis. What are you waiting for? Try it.

Gratiot County Herald Archive and Office Website

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It contains a world of musculoskeletal information you and your family and friends can use! Website, Your Orthopaedic Connection, Archive of all previous GCH articles. Please check it out. Be well.

Dr. Haverbush