

## **ARTHRITIS AND DIET**

There are two common types of arthritis; Osteoarthritis, which can be described as 'wear and tear', and Rheumatoid Arthritis which is a disease process that can affect the whole body.

Diet can greatly help arthritis. No single prescriptive diet can help everyone but below is a list of good foods and foods to avoid that have been found to help ease arthritis.

The ultimate diet investigation is a food exclusion diet which detects which foods suit you and your joints and which do not. This professional investigation aimed specifically at arthritis is available within the clinic for a single fee of £36.00 by Ian Rumboldt.

### **FOODS TO AVOID**

- Citrus fruits and juices
- Tomatoes and tomato puree
- Sugar and artificial sweeteners (Nutri-sweet, Aspartame etc.)
- MSG (monosodium glutamate often used in Chinese restaurants and as a flavour enhancer i.e. 'Pringles' crisps)
- Artificial preservatives (i.e. Sodium Benzoate)
- Pork, ham and bacon
- Peanuts and hazelnuts
- Chocolate
- Commercial breakfast cereals
- Vinegars/pickles and chutneys
- Beetroots
- Shellfish
- Flatfish (plaice, dabs, sole, flounder etc)
- Smoked foods
- Cheap chicken (try to buy organic or at least corn fed)
- Hydrogenated-margarine. "Pure" is a brand that is un-hydrogenated.
- Lots of fried food

\*\* Grains – particularly wheat and corn. Unfortunately our most common food, for some people, causes joint inflammation. Try eating no wheat, corn or rye for ten days to see if your joints feel easier. No bread, cakes, pasta, biscuits, sauces etc.

\*\* Nightshade family. The nightshade family includes potatoes, tomatoes, peppers and aubergines. Try avoiding all these for ten days and see if your joints improve. A few % of the population have an intolerance to this family which, if avoided, eases the joints significantly.

\*\* Soya Products. Unfortunately soya is found in around half of all commercially produced foods. Try ten days eating no commercially produced foods to see if your joints ease.

### **DRINKS TO AVOID**

- Coffee, tea, colas, diet drinks.
- Alcohol (white wine is the best alcohol to try for most people with arthritis.)

### **GOOD FOODS**

- Most fruits and vegetables not on the avoid list
- Nuts (except peanuts and hazelnuts)
- Lamb, chicken (organic or corn fed), preferably organic beef, turkey
- Fish (oily fish is best/try to avoid flatfish)
- Use flax seed (linseed oil) for salads, good quality only
- Virgin olive oil for frying (not for deep fat fryers though)
- Eat only plain crisps (not flavoured)
- Drink lots of water (still not carbonated)
- Beans and pulses
- Rice
- Seeds. Sunflower, pumpkins, sesame, flax
- Eggs (can cause migraines)

## **REALLY GOOD FOODS**

- Turmeric Powder. Very powerful anti-inflammatory spice
- Ginger. Anti-inflammatory spice
- Oily fish. Salmon, mackerel, sardines, herring (not smoked). Contains anti-inflammatory oils.

## **SPECIFICALLY FOR RHEUMATOID ARTHRITIS**

These foods should be completely avoided for one month to see if your condition improves:

- Tomatoes, potatoes, aubergines, peppers, rhubarb, strawberries, beetroot, spinach, gooseberries, wheat, radish and corn/maize.

## **SUPPLEMENTS**

Collagen: Collagen is the major component of the cartilage joint linings and discs. It helps make the cartilage tougher and slows wear.

Celadrin: Celadrin is a patented oils that lubricates joints and is a significant improvement on fish oils.

Vitamin D3 Eases general aches and pains in autumn and winter.

Natural anti-inflammatories. Chronic inflammation lies at the core of much of the aches and pains of middle and old-age.

Solgar's Cherry Turmeric Complex This is a major breakthrough! It is six natural ingredients which offer a natural anti-inflammatory that rivals pharmaceutical drugs.

The ideal daily maintenance dosage is:

- Collagen: 2 tablets,
- Celadrin: 1 – 2 capsules,
- Cherry Turmeric Complex: 2 capsules
- Vitamin D3: 600 to 2200 international units (ius) daily from September to March

For people with osteoarthritis, non steroidal anti-inflammatory drugs (NSAIDS) such as Ibuprofen, destroy prostaglandins. Prostaglandins are used by the body to heal cartilage. Hence NSAIDS are not good long term medicine as they will lead to your arthritis getting worse. They are for short-term use if necessary.

FOR ADVICE ON NUTRITIONAL SUPPLEMENTS TO HELP ARTHRITIS ASK IAN RUMBOLDT.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

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