

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/chutneys
- Beetroots
- Shellfish
- Flatfish (plaice, dabs, sole, flounder)
- Smoked foods
- Cheap chicken (try to buy organic or at least corn fed)
- Hydrogenated-margarine. “Pure” is a brand that is unhydrogenated
- Lot 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.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.

** Cows Milk. Cows milk intolerance is very common. It is more likely to cause urticaria, catarrh and sinus problems, but some people’s joints inflame when eating milk, cheese, yoghurt or butter. Read labels carefully, lactose (milk sugar), casein (milk protein), vegetarian flavourings, hydrolysed proteins may be from cows milk. Products that are free from cows milk will often be labelled dairy free.

** 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

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- 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.

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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