

The Nutritional Facts About Arthritis

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Sample of Content:

The nutritional facts about Arthritis: Arthritis™ means inflammation of a joint and the two major forms of arthritis are Osteoarthritis and Rheumatoid arthritis. Common in the elderly is the Osteoarthritis this mainly affects the weight-bearing joints such as the hips, spine, knees, elbows and also the finger joints. The cartilage is worn away producing pain and stiffness. Rheumatoid arthritis can affect the whole body not just the joints...

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Arthritis™ means inflammation of a joint and the two major forms of arthritis are Osteoarthritis and Rheumatoid arthritis. Common in the elderly is the Osteoarthritis this mainly affects the weight-bearing joints such as the hips, spine, knees, elbows and also the finger joints. The cartilage is worn away producing pain and stiffness. Rheumatoid

arthritis can affect the whole body not just the joints.

A diet high in fruits and vegetables (vitamin C and E) can slow the onslaught of Arthritis and also reduce pain and inflammation. Eating oily fish such as salmon, tuna, herring, mackerel, trout, sardines which are high in Omega-3 fish oil which has an anti-inflammatory effect may be beneficial in reducing inflammation, swelling and pain. Avoiding adrenal stimulants such as coffee, tea, sugar, alcohol and refined carbohydrates and drinking plenty of mineral water will also help.

Losing excess weight, gentle exercise, applying hot and cold compresses and sleeping on a comfortable bed will also be beneficial.

The following supplements may help if you are suffering from Arthritis.

- Aloe vera
- Antioxidant complex
- Bone mineral complex
- Cod liver oil - high strength
- Devil's claw extract
- Glucosamine sulphate
- Multivitamin and multiminerals
- New Zealand green-lipped mussel extract
- Omega-3 fish oil
- Vitamin B5
- Vitamin C
- Vitamin E

Note: Before taking any supplements please consult your Doctor and a Nutritionl Therapist, some supplements can cause adverse health problems when taken with prescribed medicine or when suffer from a certain illness.

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