

This information is forwarded by the **Love Thy Neighbor Ministry** at Saint Rose of Lima Catholic Church, Milton FL.
Source of Information: The Catholic Foundation of Northwest Florida. Due to the many references, some may not be current but have many useful reference sources. Emails are sent using the Blind Carbon Copy (BCC) method.

This quality of life series focuses primarily on senior citizens plus other supplemental information. You do not have to be a Senior to make use of this information. If you know of a Senior, a parishioner or a neighbor who could use this information you are invited to give them a copy of this email. Fellowship through improved communications is guided by the second greatest commandment. Sometimes an act of kindness can be as simple as a phone call, a visit, or receipt of an email.

Suggestion: Create a separate folder of this information for ease of future reference.

For information about our Parish, click on the following link: <http://parishesonline.com/scripts/HostedSites/Org.asp?ID=14423>

Our parish spirit is rising, is rising.

Arthritis Fighting Foods

http://www.legacygifts.org/savvy_senior.jsp?WebID=GL2004-0129&D=200727

Dear Savvy Senior,

Can certain foods help with arthritis pain? I have osteoarthritis and am looking for some alternative solutions.
Arthritic Alice

Dear Alice,

For years, arthritis sufferers looking for pain relief have usually turned to their medicine cabinet. But now, many doctors think the kitchen might be a better place to start. Here's what you should know.

Osteoarthritis, the most common form of arthritis, affects more than 21 million Americans. Rheumatoid arthritis plagues about 2 million more. Many people with these two conditions don't realize how much nutrition can improve the way they feel.

Because arthritis is a disease of inflammation, the most effective treatment is anything that fights inflammation, including an anti-inflammatory diet. While there's no single arthritis diet that works for everyone. You'll need to experiment to find the foods that make you feel better while cutting out the foods that can cause pain flare-ups. Here are some tips to help you get started.

Lose Weight

If you're overweight, your first tip is to lose it! Excess pounds can significantly increase the wear and tear on your joints. Plus, fat cells also produce proteins that can encourage inflammation in your body.

Problem Foods

Certain foods can exacerbate symptoms. To find out what foods may be triggering your pain, keep a health diary to track the foods you eat, activities, stress and pain flare-ups. Look for patterns that may suggest a link between a food and a pain flare-up. Problematic foods to watch for include: dairy products (milk, cheese, ice cream, yogurt, *etc.*), fatty meats (beef, pork and poultry skin), corn, wheat, oats, rye, eggs, citrus fruits, tomatoes, white potatoes, eggplant, bell peppers, peanuts, sugar, butter, soy, corn oil, regular safflower and sunflower oil, alcohol and coffee, as well as processed foods that contain trans fats. This doesn't mean you have to give up all these foods, but tracking what you eat might flag one or two foods that cause your symptoms to flare up.

Helpful Foods

Some of the best food sources and nutritional supplements for reducing inflammation and arthritis pain include:

Fish and other omega-3s: Foods high in omega-3 fatty acids are ideal for people with arthritis or other inflammatory disorders. You can get it by eating salmon, tuna, and sardines as well as walnuts, flaxseed, soybeans and dark green vegetables like spinach.

Antioxidant foods: These protect your body from the effects of free radicals, and can help prevent arthritis, slow its progression, and relieve pain. Antioxidant-rich foods include: beans, berries, citrus fruits, cantaloupe, mangos, papaya, apples, apricots, red or purple grapes, dark green vegetables (spinach, asparagus, green peppers, brussel sprouts, broccoli, watercress, other greens), tomatoes, red and yellow peppers, sweet potatoes, carrots, walnuts, whole grains, oatmeal, soybeans, brown rice, olive oil and more.

Spices: Ginger and turmeric spices have anti-inflammatory effects that may also be beneficial. You can take ginger supplements or

add diced or powdered ginger or ginger juice to meals. (Note: ginger has blood thinning effects, so if you're taking a blood-thinning medication, talk with their doctor first.) Turmeric, sometimes called curcumin, is a mustard-yellow spice from Asia and is the main ingredient in yellow curry.

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

Vitamin D: By getting just the basic daily requirement of vitamin D, you can reduce the risk of both rheumatoid arthritis and osteoarthritis. If you're over 50 you should take a daily vitamin that contains at least 400 IU (international units) of vitamin D (600 IU after age 70).

Glucosamine and chondroitin: Studies support that these supplements may have some anti-inflammatory effects as well as spur cartilage growth, ease symptoms, even reverse osteoarthritis. (Note: If you're allergic to shellfish, are taking a blood thinner, or if you have a clotting disorder, consult your doctor first.)