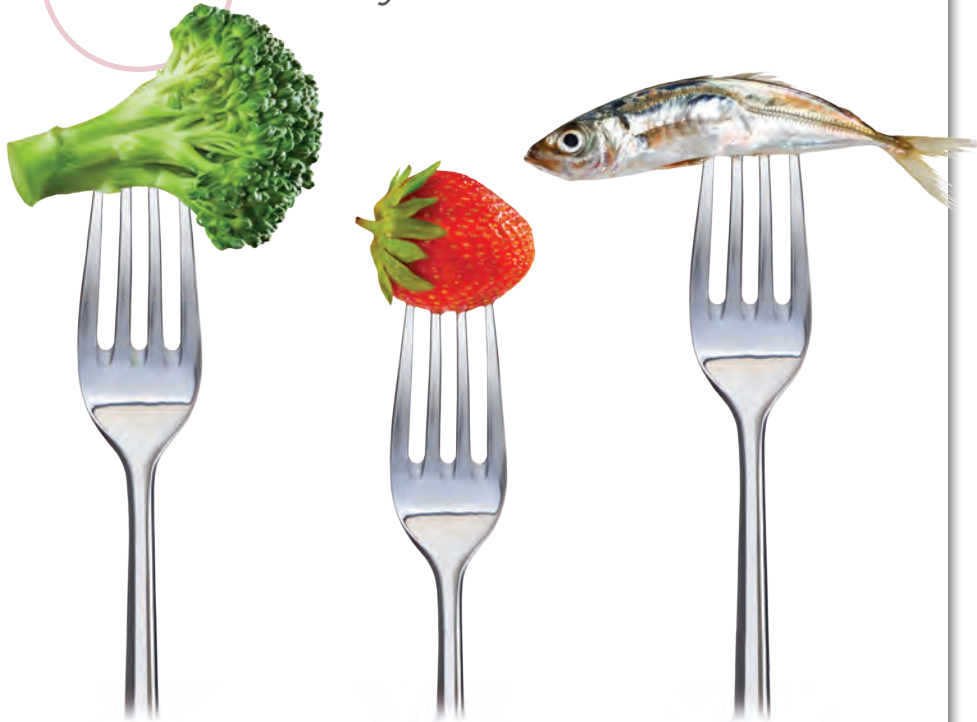


Take Control of Your Arthritis:

Remedies & Enemies

Already in Your Kitchen



See inside now and learn why ...

- Cooking temperature can cause inflammation
- This oil acts as a natural anti-inflammatory
- Strawberries help lower inflammation markers
- And more!

ARTHRITIS
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A Customer Relationship Marketing Agency

Job Description:
AF - Premium Booklet #1

Date:
05.25.11

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Nature has provided us with foods that can actually act as remedies—natural anti-inflammatories that may be in your refrigerator this very minute.

But there may also be foods in your fridge and on your pantry shelves that are actually harmful as well.

This booklet outlines some of the remedies and the enemies you might be eating every day. But always check with your doctor before making any major dietary changes. And when in doubt, listen to your body. The way your body reacts to the foods you eat will always be the most important factor in choosing a healthy diet.



Eat to beat inflammation

Generally speaking, fresh, colorful produce will do the body good. They're highest in vitamins, minerals, antioxidants ... and natural anti-inflammatories.

But here are a couple of the standouts among the produce shelves:

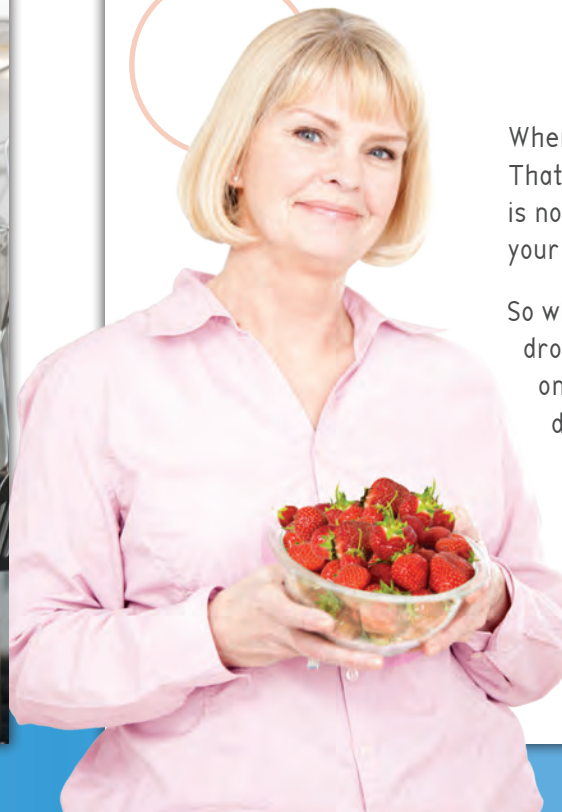
Strawberries

Bright red, sweet, delicious inflammation-fighters. Researchers at the Harvard School of Public Health recently found that women who ate 16 or more strawberries per week were less likely to have elevated levels of C-reactive protein (CRP).



When CRP is present, so is inflammation. That means keeping CRP levels in check is not only good for your joints, but for your heart as well.

So whether you slice them into your salads, drop them into your yogurt or eat them on their own (fresh or frozen), you'll be doing something healthy for your joints and your whole body.



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Broccoli

This dark green member of the Brassica family not only is an antioxidant-rich cancer-fighter, but a U.K. study recently found that it may prove beneficial to people with arthritis as well.

That's why Professor Ian Clark, Ph.D., of University of East Anglia's School of Biological Sciences is about to embark upon a three-year study of 30 people who may be facing joint replacement surgery.

Initial laboratory studies indicate that a compound found in broccoli called sulforaphane may prevent the breakdown of cartilage. And although more in-depth human studies need to be done, it appears this powerful nutrient may block the action of cartilage-degrading enzymes.

In the meantime, raw, cooked or mixed into your favorite dish, broccoli is not only delicious, but full of vitamins, minerals, fiber and many other beneficial nutrients.



Purple potatoes

Not just any old spud will do. A recent study, published in the *Journal of Nutrition*, looked at the benefits of colored potatoes (purple and yellow in particular). The findings showed that men aged 18-40 who ate at least five ounces of colored potatoes a day saw a dramatic drop in CRP—an important indicator of inflammation in the body.

Over the course of this six-week study, the men who ate purple potatoes saw a 50 percent reduction in CRP while those who ate yellow saw a 35 percent reduction.

Although women were not included in the study, researchers believe they would see similar benefits.

And at just 60 calories per half-cup, these colorful purple and yellow spuds should certainly start showing up in place of those boring white ones!

Garlic

We already know that a diet rich in colorful fruits and vegetables is beneficial not just for people with arthritis, but for those without it, too.

What we didn't know is that a study of 1,000 women, conducted by researchers at King's College in London, found that those who ate the most garlic (as well as onions, leeks and other vegetables in the allium family) showed markedly less evidence of osteoarthritis (OA) of the hip.



Fish, fish oil and omega-3s


This might be the most potent, joint-healthy addition you can make to your refrigerator. That's because fish and fish oil are high in omega-3 fatty acids.

Not only can omega-3 fatty acids reduce joint pain and morning sickness, but some people who increase the amount of fish they eat each week are actually able to decrease the number of anti-inflammatory medications they take.

The fish highest in omega-3 fatty acids are salmon, trout, mackerel, tuna, sardines and herring.

Not a big fan of fish? No problem, you can take fish oil supplements. Many are now flavored with lemon or orange, decreasing your risk of fishy after tastes. Just be sure you speak to your doctor first, especially if you're taking blood thinners.



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Olive oil

Like fish oil, olive oil can also help with arthritis symptoms.

But where the omega-3 fatty acids in fish and fish oil help reduce inflammation, the chemical oleocanthal, found in olive oil, actually blocks the production of pro-inflammatory compounds COX-1 and COX-2. These are the same chemicals blocked by today's non-steroidal anti-inflammatory drugs (NSAIDs).

Many people depend on NSAIDs to combat the daily stiffness and pain that comes with arthritis—but with a risky trade-off. Because NSAIDs can be harmful to the digestive tract, kidneys, liver and the heart, even when used as directed.

Olive oil carries no such risks. And in studies, researchers found that 3.5 tablespoons of olive oil carried approximately the same benefits as a 200-milligram ibuprofen tablet.



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The joint enemies living in your kitchen

Just as some foods can offer tremendous benefit in the fight against daily arthritis symptoms ... there are foods that can do harm as well. And some of them are pretty surprising.

Sugary snacks and processed foods are pretty obvious culprits. But would you believe **corn** is a pro-inflammatory food?

More a grain than a vegetable, corn is rich in the B-vitamins thiamine, riboflavin, niacin and B6.

But corn is also high in omega-6 fatty acids. Omega-6 fatty acids counterbalance many of the healthy benefits of omega-3s. In other words, while omega-3s reduce inflammation, omega-6s can offset those benefits.

Vegetable oils like **sunflower, soybean, safflower and cottonseed** are also high in omega-6 fatty acids.

Saturated fats are another pro-inflammatory food. That means cutting down on **fried bacon** and **grilled steaks** is a good idea.


Which leads us to a not-so-surprising finding based on research done at the Mount Sinai School of Medicine in New York. Researchers found that frying or grilling certain foods at very high temperatures produces compounds that increase inflammation.

These compounds are called advanced glycation end products (AGEs). AGEs tend to be found in abundance in the blood of people with chronic inflammatory conditions like arthritis, diabetes and heart disease.

Although a direct link to arthritis has not been made, study leader Jaime Uribarri, M.D., suggests limiting your exposure to burgers, chicken and other meats cooked at very high temperatures.



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Take control—live healthy

Everyone's body is different. So, while we can offer pointers, guidelines and insights, the ideal diet for you is a matter best discussed with your doctor.

About us

The Arthritis Foundation was founded in 1948 and is the largest national nonprofit organization that supports research and programs to help the more than 100 types of arthritis and related conditions.

The Arthritis Foundation offers information and tools to help people live a better life with arthritis. Whether it's advice from medical experts to specialized arthritis self-management or exercise classes, the Arthritis Foundation can help.

For more information on dietary tips, healthy lifestyle choices and delicious recipes, please visit arthritis.org.



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