

A Natural approach to Arthritis

Arthritis affects the musculoskeletal system, specifically the joints. It is one of the main causes of disability among older people and there are various forms of arthritis.

Various treatments are available for arthritis to reduce inflammation but the problem with medications is that they tend to suppress the body's natural reactions. However it is necessary to use these medications in many cases but there are natural alternatives that can be used alongside traditional medicine or as an alternative. The inflammatory response of the body can be changed by a healthy alkaline diet and balancing the body's pH.

The body can have many inflammatory reactions due to a high acidic diet. Disease thrives in an acid environment but does not like an alkaline one. Apart from the anti inflammatory benefits of an alkaline diet, it will also regulate hormone levels, reduce fatigue, aid the immune system, and reduce fat storing especially around the middle.

Foods such as lemons and limes leave an alkaline residue after consumption, so a good start to the day to alkalize the system would be some warm water with lemon juice.

Acid forming foods and drinks that provoke an inflammatory reaction, such as listed below should be completely avoided, especially during a flare up.

- Red meat
- Dairy produce such as cow's milk and cheese
- Alcohol, coffee and fizzy drinks such as cola
- Too much chocolate
- Burned, barbecued, roasted and fried food, particularly those cooked in hot and burned fat
- Highly-processed food and junk food
- Flour, bread cakes etc

Foods that should be included for anti inflammatory and wellbeing:-

- Mineral water, green tea and soya smoothies
- Most fruit and vegetables. (Raw is more alkaline than cooked).
- Herbs and spices
- Soya produce
- Raw oils, such as flaxseed
- Almonds
- Wheat alternatives such as spelt and buckwheat

Any foods that grow and that have not been processed are best

However, the body does need some acid foods to function correctly and a good pH balance body should be 80% alkaline 20% acid. Below are some healthy acid forming foods. If we combine our meals with 20% acid forming and 80% alkaline we will be getting a healthy pH balanced body and reducing and relieving many inflammatory diseases such as Arthritis.

- Nuts (not roasted) and seeds
- Oats

- Chicken, turkey and fish
- Eggs
- Pulses and lentils
- Wheat-free bread and cereals
- Wild rice

Always consult your health care provider for proper diagnosis and advice on diet and nutrition.

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