

# WELLNESS WEEKLY



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Things to Do & Things to  
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## Why do I have Arthritis?

Our joints allow our bodies to move freely and complete daily tasks without difficulty. With age, our joints become more stiff, sometimes swollen and painful, developing into arthritis.

With age unfortunately, the symptoms of arthritis worsen. This makes it difficult for many older adults to handle daily tasks such as climbing stairs, opening jars, writing with a pen or pencil, walking the dog, or holding a small child.

The two most common types of arthritis are osteoarthritis, and rheumatoid arthritis. Osteoarthritis can be caused when a joint is overused, or has had some sort of trauma to the particular joint. Rheumatoid arthritis causes stiffness, swelling, and pain to the joints of the hands, feet and wrists. This is a long-term condition that has periods of flare-ups.

# Let's Combat Arthritis: Things to do, & Things to Stay Away From

Although there are no known cures for arthritis, there are many things that a person can do to assist themselves in ensuring that their arthritis does not become life consuming. It is best to first know the early signs, triggers, and foods to stay away from.

Early signs of arthritis:

- pain or stiffness in one or many joints that worsens with inactivity
- a decreased range of motion
- morning stiffness that lingers for a few hours.

Some of the triggers of arthritis are stress to the joint, repetitive motion of the joint, colder weather, and weight gain.

Foods that you may want to keep away from for the sake of your arthritis:

- processed foods
- refined carbohydrates
- red meat
- alcohol
- fried foods
- sugary foods
- dairy products that are high in fat.

All of these foods cause inflammation among many other health issues and should be avoided to stay on top of your arthritis.

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To assist yourself in combating arthritis, one should begin a treatment regime of exercise or simple movement, and eating proper foods.

Nutrients to seek for in your foods and supplements:

- Omega-3 fatty acids
- Glucosamine
- Chondroitin

Omega-3's are a healthy polyunsaturated fat which will not cause inflammation, and has many other nutritional benefits. Glucosamine assists in keeping cartilage healthy in the joints. Chondroitin is a naturally occurring substance found within the connective tissues.





## Foods that Help to Ease Arthritis Pain

Believe it or not, natural foods can help ease arthritis, as they have many nutritional benefits.

### Fatty Fish:

Is high in Omega-3 fatty acids and Vitamin D, which prevents deficiency and has anti-inflammatory effects.

### Ginger:

helps to reduce the symptoms of arthritis by reducing inflammation.

### Spinach:

Like Spinach, leafy greens are rich in nutrients, including antioxidants and kaempferol which reduce inflammation.

Arthritis, like other chronic conditions have underlying causes such as diet, stress, and lifestyle choices that many are not aware of. At Natural Medical Solutions, Dr. Ravello gets to the root cause of these ailments and helps to restore the body as a whole.

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