

Joints

Nutrition for Joints

At the Osteopathic Health Centre we are often asked for advice on how patients can help themselves. Although we are not qualified dieticians there are some commonly recommended nutritional guidelines which you may find useful to follow.

Osteoarthritis (OA) or 'wear and tear' is an extremely common and normal part of the ageing process. The loss of shock absorbing cartilage in the joints leads to inflammation and pain.

Foods contain different chemicals which can promote inflammation or reduce it. Simple dietary changes can help to alleviate some of the associated symptoms and help maintain joint health.

The **GREEN** foods are good to have plenty of in your diet and the **RED** foods are best kept to a minimum.

Wholegrain, cereals, pulses and high fibre foods, such as oats, brown bread, brown rice, bran flakes. Increasing dietary fibre should always be done gradually.

Oily fish such as sardines and mackerel.

A wide variety of **fresh fruit and vegetables**, including berries.

It is important to drink plenty of **water (2 litres per day)**; to prevent dehydration of the tissues.

Citrus fruits such as oranges, lemons, limes

Sugary and processed foods such as confectionery, chocolate, jam and added sugar.

Saturated fat. This is high in crisps, cheese, chips, pastry, gravy and sauces.

Tomatoes, potatoes, aubergine, sweet peppers and tobacco. These foods belong to the deadly night shade family, which are known to exacerbate inflammation.

This advice may not be appropriate for some people with food intolerances, such as wheat intolerance.

Other Supplements:

Glucosamine Sulphate
-1500mg per day

Vitamins: E, A, C and B6 have been shown to be beneficial. However it is ideal to obtain sufficient levels of vitamins directly from your diet.

Alfalfa
(Medicago sativa)

Yucca Leaves

Devil's Claw

If you are taking any medication or are diagnosed with a specific medical condition please discuss with your GP first before taking any botanical/nutritional supplements

Bibliography:

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