

Title:  
Arthritic Diets

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Summary:  
There is a great deal of debate in the medical world about the effects of overall diet on arthritis.

Keywords:  
arthritis, treatment of arthritis, cure of arthritis, prevention of arthritis

Article Body:  
Doctors have known for a long time that diet affects gout, a specific type of arthritic condition. Being overweight can affect certain arthritic conditions, forcing some joints to carry more of the load. To begin, here is a look at some vitamins, minerals, nutrients / foods and some herbal applications.

#### VITAMINS

Vitamin B5 ~ When grouped and tanked together, B vitamins work at their peak. They, and B5 specifically, are essential for joint health.

Vitamin B3 ~ This vitamin reduces tissue swelling and dilates small arteries, increasing blood flow to the joints.

Vitamin B6 ~ Another B that reduces tissue swelling.

Vitamin B12 ~ This vitamin aids in multiple functions. It helps with cell formation, digestion, and nerve health.

Vitamin C - This vitamin acts as an anti-inflammatory, relieving pain, and rids the body of free radicals.

Vitamin E ~ This is a strong antioxidant that protects joints from free radicals while increasing blood flow.

Vitamin K ~ This vitamin assists with mineral deposit into the bone matrix.

#### MINERALS

Boron ~ This trace mineral aids in bone health.

Calcium ~ This is a much-needed mineral for bone health.

Magnesium ~ Magnesium helps keep calcium in balance within the system.

Zinc ~ This mineral is necessary for bone growth, but is often lacking in arthritic patients.

Manganese ~ Manganese is also necessary for bone growth. However, do not ingest manganese with iron supplements.

Copper ~ Copper helps to strengthen connective tissue.

Germanium ~ This antioxidant helps with pain relief.

Sulfur ~ A lack of sulfur can result in deterioration of ligaments, cartilage, collagen and tendons.

#### NUTRIENT COMBOS

Chondroitin Sulfate ~ This lubrication in joints, joint fluid and connective tissue, can be found in shark cartilage.

Gelatin ~ Help with raw cartilage replenishing with this cheap source.

Glucosamine Sulfate ~ This combo is necessary for tendon, ligament, bone, cartilage, and synov

Quercetin ~ This helps with inflammation reduction.

Type II Collagen ~ Use this for growth and repair of joints, articular cartilage and connectiv

#### Arthritic Diets And Nutritional Healing

There are many factors to consider with regards to arthritic diets and nutritional healing, an

There is a rare type of arthritis called Behcet's Disease, and eating black walnuts can cause

The term arthritis covers over 100 different diseases and conditions. Since it would be impos

The effects of copper on rheumatoid arthritis have been studied for a long time, and although

Check with your doctor to be sure you are not prone to storing excess copper in your body. The

As for foods to avoid when suffering with rheumatoid arthritis, many nutritionists and naturop

There has been some success with the food supplements glucosamine and chondroitin in relieving

Fish oil supplements have been shown to have some anti-inflammation properties and increasing

In the case of fibromyalgia, although clinical proof is once again sparse, there is a great de

The thing to keep in mind with fibromyalgia is that, unlike the other common arthritis ailment

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