

Arthritis & Nutrition: Myths & Facts

Arthritis is a disease that affects the joints in your body. It can cause stiffness, pain, inflammation and damage to the joint itself. Over 66 million Americans suffer from arthritis today. To manage their condition, many Americans use supplements and diets to help manage the condition. But do they actually work?

Myths About Arthritis & Nutrition:

- ✧ Eliminating nightshade vegetables (eggplant, tomatoes, potatoes and peppers). This isn't harmful to you, but there is **no scientific evidence** to support this claim.
- ✧ Adopting an alkaline (basic) diet. This diet presumes that the root cause of arthritis is too much acid in the blood. Foods such as sugar, coffee, tea, citrus fruits and red meat are to be eliminated. Again, there is **no scientific evidence** to support this diet.
- ✧ Eating turmeric. Turmeric is a yellow spice used in traditional Chinese and Indian medicine to reduce pain and stiffness. **No studies have proven these benefits.**

Facts:

- ✧ **Stay close to your ideal body weight.** Carrying around excess weight makes it more stressful for your joints.
- ✧ **Be physically active.** Physical activity and weight management are important and can help manage the pain and stiffness from many forms of arthritis. Be sure to talk to your doctor before starting an exercise program.
- ✧ **Watch portion sizes.** Eating smaller portions is the key to losing and maintaining a healthy weight. This can help keep excess weight off your joints.