

# **Arthritis Pain: Foods To Ease It**

By Thomas J. Haverbush, M.D.  
Orthopaedic Surgeon

As an Orthopaedic Surgeon I have to know a lot about the treatment of arthritis. I know that much of the treatment of arthritis does not have to be surgical.

There are ten foods you need to know about that are high in nutrients and rich in anti-oxidants. They can help to reduce inflammation and discomfort.

Medical breakthroughs focus on new drugs, surgery and gene therapy to treat arthritis.

Scientists have long known that something as simple as the food we eat can affect chronic conditions such as arthritis. Research continues, but definite foods can decrease arthritis inflammation and pain.

## **Arthritis Friendly Diet**

1. Salmon, sardines, mackerel  
These fish are rich in omega-3 fatty acids, which decrease inflammation. Two servings a week = less joint pain.
2. Green tea  
This is a strong reliever of inflammation because it is high in nutrients and anti-oxidants. Two servings a day can be hot or cold. Use a tea bag. Powder is too processed.
3. Dark Chocolate  
It is high in anti-oxidants and can therefore ease inflammation. Keep portions small of course!
4. Berries  
OK to indulge on this. High in anti-oxidants and fiber which can ease constipation from other medication.
5. Apples  
Same as for berries. Plus they can curb your appetite against unhealthy snacks.
6. Canola and Olive Oil  
Get these. Don't use generic vegetable or corn oil. Canola and Olive oil have a good balance of omega-3 and omega-6 essential fatty acids.

7. Ginger and Turmeric  
Chemicals in these herbs ease inflammation. No data on recommended daily intake exists. Use when you can as these spices have health benefits.
8. Nuts  
High in protein. Low in saturated fats. No cholesterol. Good source of fiber. Unsalted nuts are best for you. Get some. Don't wait.
9. Whole grains  
Whole grain bread is best. Natural grains are great. Eat more.
10. Salsa  
Did you know eating salsa is a good way to increase antioxidants and vitamin?

Well there you have it. An Orthopaedic Surgeon teaching nutrition! All of this is true and can help you cope with arthritis. What are you waiting for? Try it.

All Orthopaedic Surgery problems including arthritis can be evaluated by Dr. Haverbush at the Lakeview Community Wellness Center in Lakeview or at the office in Alma at 315 Warwick Dr., Alma, Michigan.

Please call 989-463-6092 for information or to schedule an appointment.

Future Lakeview Community Wellness Center Clinic dates are May 14 and May 29, 2009.

Please don't forget there is a wealth of accurate information about all the Orthopaedic conditions I treat on the office teaching website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). Please log on and check it out.

We are happy to answer questions from readers. You can e-mail me at [orthopodsurgeon@hotmail.com](mailto:orthopodsurgeon@hotmail.com) or write to me at 315 Warwick Dr., Alma, Michigan 48801.

Our goal is simple - To help people return to more pain free functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush

