

# Health-Full Eating and Nutrition



## Nourish to Maintain Healthy Joints

### How does your diet affect joints?

Vitamins and minerals contain antioxidants that the body needs. Omega-3 fats have been discovered to reduce inflammation associated with some arthritis. When it comes to working out and everyday living, the body needs well-balanced nutrition to sustain the joints. Calcium is particularly important for bone health. There are several nutrition foods that can help you get enough calcium in your diet. Be sure to check out the National Osteoporosis Foundation link below for more about the daily intake of calcium and Vitamin D healthy required for healthy bones. ([www.nof.org](http://www.nof.org))

*The overweight/obesity connection* - A recent meta-analysis addressed the incidence of comorbidity related to overweight individuals and obesity. It was able to show that being overweight and/or obese lead to a significantly higher osteoarthritis risk. Obesity stems from poor diet and sedentary lifestyle. This can lead to misalignment of joints putting pressure on the cartilage causing injury.

### Useful tips to keep in my mind

- **Desk job?** Get up and walk around every hour so you are not stiff or sitting for too long.
- **Sneak in healthy food.** Keep veggies and fruits – like celery and carrot, broccoli, pepper slices and melon – in the front door of your refrigerator so you'll reach for them at snack time.
- **Curtail your caffeine intake.** While you may need that extra burst of energy in the morning, try and resist those second and third cups of coffee. Studies show that the extra caffeine can weaken your bones.



## Dietary Choices to Limit Joint Pain

Specific diets have been shown to reduce joint inflammation. Consult your physician before changing up your daily intake of nutrients. [The Mediterranean diet](#) has various health benefits, some of which seem to overlap those attributed to nonsteroidal anti-inflammatory drugs (NSAIDs). A Mediterranean diet consists of a high level of low-glycemic fruit, vegetables and legumes; a high level of unsaturated fats, especially olive oil, which has been shown to improve functional status and reduce joint pain. Sulphoraphane is an antioxidant compound found in [cruciferous vegetables](#). Studies have found that it blocks an enzyme that causes joint pain and inflammation. In addition to aiding arthritis patients, it may be helpful for athletes who put a lot of pressure on their joints.

- Limit your sugar intake and try to choose natural sources such as honey or coconut sugar.
- If you are trying to lessen joint pain, avoid red meat, pork or lamb as it has trans fats and hydrogenated oils.

## Diet & Lifestyle Checklist for Healthy Bones

<input checked="" type="checkbox"/>	Consume at least 700 – 800mg of calcium daily preferably from <a href="#">natural dietary sources</a> . If supplementation is needed to achieve this goal, choose a high quality calcium supplement with no more than 500mg calcium that also includes magnesium and Vitamin D3. <a href="#">Here</a> is an example of a high quality calcium supplement with balanced magnesium and vitamin D.
<input checked="" type="checkbox"/>	Choose grass fed, pastured meats, poultry, eggs, butter and ghee. They're high in Vitamin K2 and omega-3 fatty acids.
<input checked="" type="checkbox"/>	Eat <a href="#">8 – 10 brightly colored vegetables</a> and 2 fruits daily. Eat the colors of the rainbow daily – <b>ROY G BIV</b> .
<input checked="" type="checkbox"/>	Eat <a href="#">3 – 5 magnesium rich foods</a> daily.
<input checked="" type="checkbox"/>	Take a <a href="#">Vitamin D3</a> supplement daily if serum Vitamin D levels are low.
<input checked="" type="checkbox"/>	Eat <a href="#">1 – 2 forkfuls of fermented foods</a> daily. They are high in Vitamin K2 that is good for bones and they also contain high amounts of probiotic bacteria that are good for your gut microbiome.
<input checked="" type="checkbox"/>	Drink 1 – 2 cups of green tea daily. The polyphenols support osteoblasts.
<input checked="" type="checkbox"/>	Move your body daily including strength training, weight bearing and balancing exercises.
<input checked="" type="checkbox"/>	Get 8 hours of <a href="#">quality sleep</a> per night. Melatonin is needed for healthy bones.
<input checked="" type="checkbox"/>	Eliminate or significantly reduce <a href="#">processed carbohydrates</a> and <a href="#">Added Sugar</a> . These are inflammatory and inflammation is bad for the bones.
<input checked="" type="checkbox"/>	Eat 3 servings per week of low mercury, high omega-3 fatty acid fish. Check with your health care provider or Registered Dietitian Nutritionist to see if an omega 3 fatty acid supplement would be appropriate for you.
<input checked="" type="checkbox"/>	Balance your stress - develop a daily meditation or HRV Biofeedback practice.
<input checked="" type="checkbox"/>	Create balance in your life. Remove toxic relationships. Balance your work and play. Do joyful activities daily. Spend time outdoors daily.

### References:

- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/back-pain/lower-back-pain-what-could-it-be>
- <https://www.health.harvard.edu/pain/simple-tips-to-protect-your-joints>
- <https://www.arthritis.org/living-with-arthritis/pain-management/joint-protection/joint-health.php>
- <https://www.nof.org/patients/treatment/calciumvitamin-d/>

Jerosch J. (2011). Effects of Glucosamine and Chondroitin Sulfate on Cartilage Metabolism in OA: Outlook on Other Nutrient Partners Especially Omega-3 Fatty Acids. International journal of rheumatology, 2011, 969012. doi:10.1155/2011/969012