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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Living With Knee Arthritis

By George Johnson

Arthritis is a general term describing over 100 different conditions that cause pain, stiffness and (often) inflammation in one or more joints. Everyone with arthritis can benefit from eating a healthy well balanced diet.

There is no special diet or 'miracle food' that cures arthritis, but some conditions may be helped by avoiding or including certain foods. For example, osteoarthritis and rheumatoid arthritis seem to respond to an increased dietary intake of fish oils, while gout benefits from avoidance of alcohol and offal meats.

Always seek the advice of your doctor or dietitian before changing your diet in an attempt to treat arthritis. You may be restricting your food intake unnecessarily, or overdosing on products (such as mineral supplements) that may have no impact on your condition at all.

General dietary recommendations for a person with arthritis include: eat a well balanced diet, avoid crash dieting or fasting, increase dietary calcium to reduce the risk of osteoporosis in later life, drink plenty of non-alcoholic fluids, keep your weight within the normal range, by reducing the amount of dietary fats you consume.

Uric acid is a waste product that is normally excreted from the body in urine. Gout is a type of arthritis characterised by the build-up of uric acid in the joints (such as the big toe), which causes inflammation and pain.

Some of the dietary recommendations that may help to ease the symptoms of gout include: restrict or avoid alcohol, restrict or avoid offal meats, such as liver, kidneys and brains, restrict or avoid shellfish and anchovies, drink plenty of non-alcoholic fluids, make sure you don't overeat on a regular basis, be sure to take your time when eating.

Fish oils that contain omega-3 fatty acids have been found, in various studies, to help reduce the inflammation associated with some sorts of arthritis. These forms of arthritis, like rheumatoid arthritis and osteoarthritis, are characterised by inflammation.

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The fish oil seems to work by reducing the number of inflammatory 'messenger' molecules made by the body's immune system. There may be additional benefits to eating fish once or twice every week – researchers from around the world have discovered that the regular consumption of fish can reduce the risk of diseases ranging from childhood asthma to prostate cancer.

Being overweight does affect people with arthritis. Joints affected by arthritis are already under strain. If you are overweight or obese, the extra load on your joints may be exacerbating your symptoms, especially if your affected joints include those of the hip, knee or spine. There is also a clear link between being overweight and an increased risk of developing osteoarthritis.

To lose excess weight, you must be active, but this can be difficult for people with arthritis due to pain or stiffness. See your doctor, dietitian or health professional for information and advice. Weight reduction strategies may include: switch to a diet that is high in nutrition, while low in kilojoules,

experiment with different sorts of activities – for example, it may be possible to enjoy swimming or some kinds of low impact exercises, limit your exercise activities to unaffected joints – for example, if your hands are affected, you may be able to comfortably ride on a stationary bicycle.

There is no substantial scientific evidence that would support a person with arthritis avoiding particular foods, unless that person has specifically shown intolerance to them (the exception is gout). However, as research reveals more connections between diet and health, it is possible that stronger connections between particular foods and arthritis may emerge.

With some foods – such as tomatoes, potatoes, eggplants and peppers – there is much anecdotal evidence (stories about individuals), but again there is no strong scientific evidence.

If you think a particular food may aggravate your arthritis, it can be useful to keep a food diary.

After a month, you may have some idea about which food could be provoking symptoms. You could then try eliminating that food from your diet for two weeks to see what happens. Don't cut out a whole food category, and make sure you are getting the vitamins and minerals that this food provides from other sources. It is important to let your doctor know that you are doing this.

Discover treatment options, read more about arthroscopic knee, severe knee arthritis allergies to pain medication, artificial knee and look at arthroscopic knee surgery pictures.

Learn the facts about knee arthritis.

<http://www.kneearthritishelp.info/>

Knee Pain Factors! Prevention Better Than Cure!

By Carrie A.Hall

Living With Knee Arthritis

When a young athlete has the condition, he or she usually has a throbbing pain that occurs just below the knee joint. You may have pain in the joint at the base of your big toe, or in your foot, ankle, knee, elbow or hand.

Muscle force and body weight determine the degree of patello–femoral joint reaction force, which frequently contributes to anterior knee pain following TKA. This in–turn places stress on the knee joint, which results in pain and damage to the structures that make up the knee joint. Other conditions that can lead to knee pain include arthritis, infections, hemarthrosis (blood in the knee joint), cysts and bone tumors. One could also experience a knee pain if there is an infection in the joint.

Nonspecific complaints may include global or generalized knee pain, joint line pain, or posterior knee pain. But some knee injuries and medical conditions, such as osteoarthritis, can lead to increasing pain, joint damage and even disability if left untreated.

Knee arthritis typically affects patients over 50 years of age. It is more common in patients who are overweight, and weight loss tends to reduce the symptoms associated with knee arthritis. There is also a genetic predisposition of this condition, meaning knee arthritis tends to run in families. Other factors that can contribute to developing knee arthritis include trauma to the knee, meniscus tears or ligament damage, and fractures to the bone around the joint.

Although it's not always possible to prevent knee pain, the following suggestions may help forestall injuries and joint deterioration: Keep extra pounds off!

Surgery is always the last option to any illness. However, if your knee pain is diagnosed by a medical doctor and if he recommends surgery, it is always safer to follow the professional advice. More than 90% of knee replacements result in dramatically reduced knee pain and increased mobility of the knee joint. Studies have shown acupuncture to be effective in relieving certain types of knee pain, especially arthritic conditions of the knee and knee joint.

Many things can slow down your active lifestyle, but Knee Pains can definitely bring it to a stop. Come Find out More about Knee Pain at

<http://KneePain.eabout.info>



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