

Health By Choice-- Not By Chance

Arthritis Counseling Sheet

What is Arthritis?

Arthritis, one of the most common disorders that can affect anyone, is actually a complex disorder comprising of several conditions, all of which share one common symptom: arthritic joint pain. **There are over a hundred different types of arthritic joint pain but the most common are osteoarthritis (OA), rheumatoid arthritis (RA), and gout.**

What Causes Arthritis?

Arthritis can be caused by a plethora of reasons. Some common precursors can be, but are not limited to the following: (1) age related changes, (2) hormonal factors, (3) a genetic predisposition, (4) environmental factors, (5) psychological factors, (6) lifestyle and nutritional factors, (7) food allergies, as well as (8) stress.

How to Control Arthritis

Diet

- Cut out all flesh foods (including fish, chicken, meat, pork, and all crustaceans) as well as its byproduct (eggs, cheese, milk, etc.) If one so desires to use milk, non harmful milks can be made from a variety of nuts, grains, and legumes (i.e. almonds, cashews, soy, etc.). **Recipes can be found in: *Tasty Vegan Delight Cookbook, Seven Secrets Cookbook, The Optimal Diet Cookbook & Foods and their Healing Powers vol. 3.***
- Fried foods should be eliminated from the diet, and all free oils should be avoided while cooking. Highly processed foods should also be avoided.
- Eating fresh fruit is preferred to drinking fruit juice. Fresh fruit contains essential fiber that aids with regularity; juice is robbed of that essential fiber.
- ALL white breads, flour, sugar, rice, and so forth should be eliminated from the diet and replaced with its whole grain counterpart. **The body needs the fiber from the whole grain items.**
- Increase the consumption of whole grains, fresh fruits, vegetables, legumes, and nuts such as walnuts and soy beans.
- Foods from the solanaceae or “nightshade” family should be avoided until arthritic symptoms subside. **These foods include tomatoes, potatoes, all peppers, and eggplants.**
- All meals should be eaten on a regular schedule, 7 days a week, with no more than a 30 minutes time difference in schedule. Meals should be eaten 5-6 hours apart.
- At least 8 glasses (64 oz) of water should be drunk each day, 16 oz of which should be taken before breakfast. Water should be taken 15- 30 minutes before meals or 2 hours after meals.

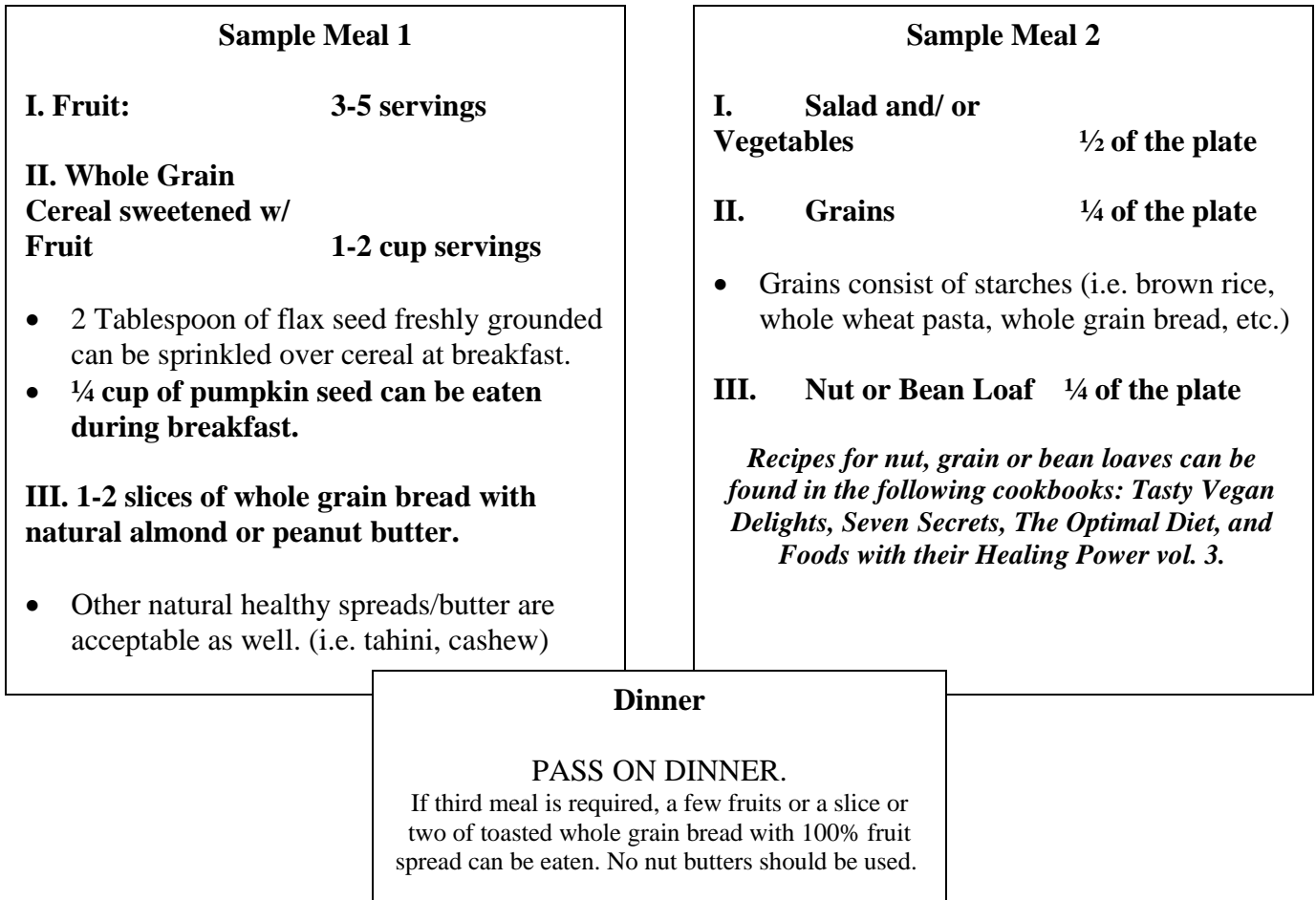
ATTENTION:

Before making any changes PLEASE contact your health care professional.

Breakfast should be taken between _____ am to _____ am.

Lunch should be taken between _____ am/ pm to _____ pm.

Figure 1:1: Daily Meal Schedule (lunch can be used as breakfast and vice versa)



Lifestyle

- Exercise is very essential to good health. One should walk 21 miles per week, which is approximately 3 miles per day seven days per week or for 1 hour each day.
- One should get between 15- 20 minutes of sunshine daily before 9:00am or after 3:00pm.
- One should go to bed before 10:00pm. The body heals itself between the hours of 10:00pm and 12:00am. The body also produces melatonin between the hours of 10:00 pm and 2:00 am, which gives the body restful sleep at night. Thus, for every hour of sleep before midnight, the body doubles the amount of rest received.
- ***Both tumeric and flax seeds are anti-inflammatory and should be used in this case.***
- For further information, please visit our website at www.nhtlh.org or call us at (678) 520-1547 and ask for James. Please send all donations to: James Luke 289 Jonesboro Rd. Suite 124, McDonough, GA 30253. ***Thanks for your support!***