

The pH of Food

The following is a list of common foods with an approximate, relative potential of alkalinity (+) or acidity (-), as present in one ounce of food. To maintain a balanced pH in your blood and tissues, your diet should consist of at least 70 to 80 percent alkaline forming foods (minimum of 40 percent should be raw foods), and no more than 20 - 30 percent acid forming foods.

Vegetable and Low-Sugar Fruits

Asparagus +1.1
 Artichokes +1.3
 Lettuce +2.2
 Onion +3.0
 Cauliflower +3.1
 White radish +3.1
 Rutabaga +3.1
 Green cabbage +4.0
 Savoy cabbage +4.5
 Peas, fresh +5.0
 Kohlrabi +5.1
 Zucchini +5.7
 Red cabbage +6.3
 Rhubarb stalks +6.3
 Horseradish +6.8
 Leeks (bulbs) +7.2
 Watercress +7.7
 Turnip +8.0
 Lime +8.2
 Chives +8.3
 Carrot +9.5
 Lemon +9.9
 Green beans +11.2
 Fresh red beet +11.3
 Spinach +13.1
 Garlic +13.2
 Celery +13.3
 Tomato +13.6
 Endive, fresh +14.5
 Avocado +15.6
 Red radish +16.7
 Cayenne pepper +18.8
 Barley grass +28.7
 Soy sprouts +29.5

Water

Distilled water (Neutral)

Fresh coconut water +9.4

Nuts and Seeds

Pistachios -16.6
 Peanuts -12.8
 Cashews -9.3
 Walnuts -8.0
 Pumpkin seeds -5.6
 Macadamia nuts -3.2
 Hazelnuts -2.0
 Flax seeds -1.3
 Brazil nuts -0.5
 Sesame seeds +0.5
 Fennel seeds +1.3
 Caraway seeds +2.3
 Almond +3.6

Fats (Fresh Cold-Pressed Oils)

Sunflower oil -6.7
 Coconut milk -1.5
 Olive oil +1.0
 Flax seed oil +3.5

Fruits

Pineapple -12.6
 Mandarin orange -11.5
 Banana, ripe -10.1
 Pear -9.9
 Peach -9.7
 Apricot -9.5
 Papaya -9.4
 Orange -9.2
 Mango -8.7
 Tangerine -8.5
 Currant -8.2

Meat, Poultry and Fish

Pork -38.0
 Veal -35.0
 Beef -34.5
 Ocean fish -20.0
 Chicken -18.0
 Eggs -18.0
 Freshwater fish -11.8

Oysters -5.0

Liver -3.0

Milk and Milk Products

Hard cheese -18.1
 Cream -3.9
 Homogenized milk -1.0
 Buttermilk +1.3

Bread and Biscuits

White bread -10.0
 Whole-grain bread -4.5
 Rye bread -2.5

Fats

Margarine -7.6
 Corn oil -6.5
 Butter -3.9
 Ghee -1.6

Sweets

Artificial sweeteners -26.5
 White sugar -17.6
 Molasses -14.6
 Fructose -9.5
 Turbinado sugar -9.5
 Honey -7.6

Condiments

Vinegar -39.4

Cucumber, fresh +31.5	Gooseberry, ripe -7.7	Soy sauce -36.2
Grains and Legumes	Grape, ripe -7.6	Mustard -19.2
Nonstored	Cranberry -7.0	Mayonnaise -12.5
Brown rice -12.5	Strawberry -5.4	Ketchup -12.4
Wheat -10.1	Blueberry -5.3	Beverages
Corn -9.6	Raspberry -5.1	Liquor -28.6 to -38.7
Buckwheat groats -0.5	Plum -4.9	Fruit juice sweetened with white sugar -33.4
Millet -0.5	Date -4.7	Tea (black) -27.1
Spelt -0.5	Cherry, sweet -3.6	Beer -26.8
Lentils +0.6	Cantaloupe -2.5	Coffee -25.1
Soy flour +2.5	Grapefruit -1.7	Wine -16.4
Tofu +3.2	Watermelon -1.0	Fruit juice, natural -8.7
Lima beans +12.0	Coconut, fresh +0.5	
Soybeans, fresh +12.0	Cherry, sour +3.5	
White beans (navy) +12.1	Banana, unripe +4.8	

14 Fruits and Vegetables That Provide the Best Protection Against Arthritis
by www.SixWise.com

According to the Arthritis Foundation, nearly one out of three Americans has arthritis. Of these 66 million adults, 43 million have been diagnosed with arthritis and another 23 million live with chronic joint symptoms that have not been doctor-diagnosed.

In fact, arthritis is one of the leading causes of disability among Americans over the age of 15, and costs related to the disease cost the U.S. economy over \$86 billion a year.

Further, half of the people with arthritis do not believe anything can be done to help them.

However, new research into just that is finding that for arthritis protection and relief you may need to look no further than your neighborhood grocery store. A study from the University of Manchester's Medical School, published in the August 2005 issue of the American Journal of Clinical Nutrition, found that antioxidants called carotenoids in brightly colored yellow/orange fruits and vegetables may reduce the risk of developing rheumatoid arthritis and other inflammatory disorders.

How Does it Work?

Oxidation, which produces free radicals in our bodies, is known to play a role in joint damage, such as that seen with rheumatoid arthritis. Antioxidants help to combat free radicals, and by doing so may suppress inflammation along the way, researchers said.

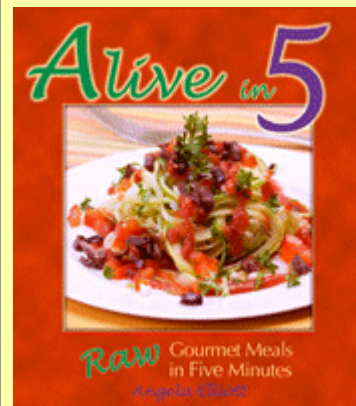
Out of the 25,000 participants in the study, 88 developed cases of inflammatory arthritis. These 88 people had:

- 40 percent lower intake of the antioxidant beta-cryptoxanthin than those who did not develop the disease
- 20 percent lower intake of another antioxidant zeaxanthin

"Those in the top third for beta-cryptoxanthin intake were only half as likely to develop inflammatory polyarthritis as those in the lowest third, and vitamin C was also found to be an important factor," said Dr. Dorothy Pattison, the lead researcher of the study.

According to this study and many others, increasing your intakes of certain fruits and veggies does appear to be a sound way to

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protect against and fight arthritis. Here are the top 14 fruits and vegetables to consider:

1. **Oranges:** The American Journal of Clinical Nutrition study found that a modest increase in the antioxidant beta-cryptoxanthin intake, equivalent to one glass of freshly squeezed orange juice per day, is associated with a reduced risk of developing inflammatory disorders such as rheumatoid arthritis.
2. **Berries:** [Berries](#) are all great sources of antioxidants and vitamin C. Blueberries have been ranked number 1 in terms of antioxidant concentrations, but cranberries, blackberries, strawberries and raspberries are good choices too.
3. **Kiwi:** One kiwi provides almost double the vitamin C of an orange, according to the California Kiwifruit Commission. Vitamin C is associated with a reduced risk of arthritis.
4. **Apples:** Cornell University researchers found that apples contain antioxidants that fight inflammation (along with allergies, cancer and viruses).

Keep Your Healthy Fruits and Veggies Fresh Longer!



Once you invest in produce for the health of you and your family, protect your investment using the MiniMate Refrigerator Unit.

The MiniMate deodorizes (replacing baking soda boxes in the fridge) and kills potentially dangerous food-borne bacteria. This extends the freshness and life of many foods 3 to 4 times longer!

Plus, the MiniMate:

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- Naturally kills odors without any cover-up scents or fragrance
- Reduces food spoilage and prevents cross-contamination of food odors
- Breaks down pesticides and herbicides on produce

5. **Cherries:** According to Eve Campanelli, PhD in Prevention magazine, after drinking two glasses of black cherry juice (four ounces of juice with four ounces of water) twice a day, 85 percent of her patients experienced at least partial relief from their arthritis pain. Further, the effect continued even after the patients stopped drinking the juice.
6. **Parsley:** Parsley contains beta-carotene, making it a useful ingredient for those with arthritis, says Cherie Calbom, M.S., a certified nutritionist in Kirkland, Washington.
7. **Prunes:** These dried plums are antioxidant powerhouses. Researchers at the Center on Aging at Tufts University in Boston found that prunes had more than twice the antioxidant power than any other fruit or vegetable in their study.
8. **Carrots:** They're rich in the antioxidants vitamin A and carotenoids.
9. **Broccoli:** Calbom says broccoli is helpful for arthritis because of its beta-carotene content. It's also a rich source of vitamin C.
10. **Pineapple:** Pineapple is rich in the enzyme bromelain, a powerful and natural anti-inflammatory agent.
11. **Beans:** "The protein in beans helps to replace body proteins broken down by inflammation," says Denise Cedar, a Salem, Oregon-based dietitian.
12. **Red Grapes:** Red grapes are loaded with antioxidants that can help reduce inflammation associated with arthritis (as well as fight heart disease and cancer).
13. **Tomatoes:** Tomatoes are an excellent source of the antioxidant lycopene, which has been found to help fight degenerative diseases (and reduce the risk of prostate and other cancers). Cooked tomatoes (tomato sauce or paste, marinara sauce, ketchup, etc.) are best when it comes to lycopene.
14. **Sweet Potatoes:** These are loaded with antioxidant vitamins A, C and E. One half-cup serving provides twice the Recommended Daily Amount of vitamin E

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Best Grains for Arthritis

Making smarter choices in the bread and pasta aisles might reduce inflammation.

Choosing which type of pasta to cook for dinner or what bread or cereal to have with breakfast doesn't seem like a big decision, until you consider the effect certain grains can have on your body. Eating the wrong types can aggravate inflammation, potentially making your joints hurt more than they already do.

Pro-Inflammatory Grains

When contemplating your options in the bread, cereal and pasta aisles, you'll want to avoid refined grains. Not only are these highly processed grains limited in nutrition, but they can also worsen inflammation throughout the body.

Grains are made up of three parts: The bran is the outer skin of the grain kernel, the germ is the innermost part that grows into a new plant, and the endosperm is the center part that provides food for the plant. Whole grains contain all three parts. Refined grains have removed the bran and germ, where most of the vitamins, minerals and protein are centered.

Examples of food made with refined grains are white bread, white rice, cookies and cakes. Because of their simple structure, these carbs break down in the body rapidly. "The body turns them into sugar more quickly and sugar is highly inflammatory," says Barbara Olendzki, nutrition program director of the Center for Applied Nutrition at the University of Massachusetts Medical School in Worcester.

Refined grains have been linked to higher levels of inflammatory markers in the blood. Inflammation throughout the body is not only bad for arthritis, but it can also increase your risk for other inflammatory conditions, such as heart disease and diabetes.

Should You Avoid All Grains?

You might have read articles touting the paleo diet or similar eating plans for [rheumatoid arthritis](#). The premise behind going grain-free is at least partially based on lectins – carbohydrate-binding proteins found in grains. Some research suggests lectins bind to carbohydrate-specific receptors on immune cells called lymphocytes, triggering an inflammatory response. The theory is that eliminating lectin-containing foods (notably grains) might reduce symptoms in certain people with rheumatoid arthritis (RA).

Yet research hasn't confirmed any connection between whole grains and inflammation, and there are many good reasons to keep this food group in your diet. Whole grains are rich in antioxidants, which protect cells from damage, and B vitamins. They are high in fiber, which binds to fatty acids like LDL cholesterol and carries them out of the body before they can clog arteries and lead to a heart attack or stroke. Eating whole grains may lower your risk for type 2 diabetes, high blood pressure and heart disease. "[Whole grains] are also food sources for

beneficial bacteria, the microbiome in our gut,” Olendzki says. Eating whole grains helps “those good guys stay alive.”

Better Grain Choices

To maximize nutrition while minimizing inflammation, stick to whole grains when you shop or cook. Many of these grains are also gluten-free (labeled with a **GF** below), if you have celiac disease or a gluten intolerance.

- **Amaranth-GF:** Although amaranth isn't officially a grain, its nutrient composition makes it similar to cereal grains. Amaranth is high in protein, has a nutty flavor, and you can pop it like popcorn or turn it into porridge by boiling it in water.
- **Barley:** An ideal addition to soups, stews and risotto dishes, barley is loaded with 6 grams of fiber per cup.
- **Brown rice-GF:** Because it has not had its bran and germ stripped away during processing, brown rice is nutrient-rich. Use it as a replacement in any recipe that calls for white rice, but you'll need to use more water and adjust cooking times.
- **Buckwheat-GF:** Another pseudo-cereal like amaranth, buckwheat is technically a fruit. Yet you can use this high-protein ingredient in noodles, crepes, pancakes and muffins.
- **Bulgur:** This nutty-tasting grain comes from whole-wheat that's been partly cracked. Use it in recipes, just as you would rice or couscous.
- **Millet-GF:** Millet is a grass that's similar to corn. It can be used as an alternative to rice, or added to bread and muffin recipes.
- **Quinoa-GF:** This versatile, high-protein seed is an ideal grain substitute. Research is finding quinoa might suppress the release of immune substances called cytokines, which could be helpful for both preventing and treating inflammation.
- **Sorghum-GF:** This cereal grain is rich in protein. Use sorghum flour instead of white flour in breads, cookies and other recipes.
- **Rye:** Often used to make rye bread, whole rye has been shown in research to suppress hunger, which might make it a useful weight-loss tool.
- **Whole oats-GF:** Steel-cut and other whole oats are high in protein and are naturally gluten free (although most commercially available oats are contaminated with wheat). Have them for breakfast or use them in recipes.
- **Whole wheat:** Swapping whole-wheat flour for white in your recipes will increase your nutrient intake and potentially lower inflammation.

When you buy pre-packaged foods with these grains, make sure they contain the real thing. Some breads and crackers have added brown coloring to make them look like whole grain, or use words like “multigrain” and “wheat” on the package. Look for ‘whole grain’ as the first ingredient on the label.

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Best Nuts and Seeds for Arthritis

Nuts and seeds come in small packages but can deliver big health benefits

Whether you snack on a handful, slip them into a stir-fry or sprinkle them on a salad, nuts and seeds are versatile additions to your diet and cooking repertoire. Most also offer a variety of health benefits for people with arthritis.

Many nuts and seeds are a good source of polyunsaturated and monounsaturated fats, which lower cholesterol and reduce the [heart disease risks](#) that are high in people with certain types of arthritis. They also are a good source of protein and antioxidant vitamins and minerals. In addition, says Marisa Moore, an Atlanta-based registered dietitian-nutritionist, some nuts and seeds are high in alpha linoleic acid (ALA), a type of anti-inflammatory omega-3 fatty acid.

Some nuts are rich in magnesium, l-arginine and vitamin E, which may play a role in [keeping inflammation under control](#). Studies have shown that people who eat a diet high in these nutrients tend to have lower levels of some inflammation-causing molecules that circulate in the bloodstream and higher levels of the anti-inflammatory protein adiponectin compared with those who consumed less.

Ideally, you should reach for raw, unsalted nuts, says Moore. “However, if a little seasoning is going to help you swap nuts for buttery crackers, potato chips or other less healthy treats, it’s fine to grab some lightly salted nuts – unless you’re on a [low sodium diet](#).” She cautions that all nuts and seeds are high in calories, so you can’t eat them mindlessly. One serving a day (about an ounce of nuts or 1 to 2 tablespoons of seeds) is all you need.

Here are nut and seed selections that Moore and the research say deliver the most health benefits.

Walnuts

With their high ALA content, walnuts head the nut pack in omega-3 content, and researchers studying their effects have found they lower C-reactive protein (CRP), a marker of inflammation linked to increased risk of cardiovascular disease and arthritis. Eating walnuts regularly can lower cholesterol, relax blood vessels to lessen stress on the heart, and reduce blood pressure.

Tips: Walnuts have a hefty texture that makes them a good centerpiece in meatless dishes. They can be pricey so Moore likes to combine them with other healthy foods. Try a simple stir-fry of broccoli, walnuts and chopped garlic with a few squeezes of lemon juice.

Peanuts

Technically a legume, peanuts are the “nut” with the most protein (about 7 grams per 1-ounce serving). “They’re also cheaper than most nuts, so for people with arthritis trying to managing their weight, for example, they make a filling, inexpensive snack,” says Moore. Peanuts are also a good source of monounsaturated and polyunsaturated fats, and research shows adding them to your diet can help lower “bad” low-density lipoprotein (LDL) cholesterol and reduce heart

disease risk. Peanuts deliver about 12% of your daily magnesium requirement, and may help keep blood sugar under control.

Tips: Use peanut butter in a creamy sauce for vegetables, pasta or chicken. Blend 1/3 cup smooth peanut butter, 1/3 cup of water or broth, 2 tablespoons each fresh lime juice and soy sauce and a dash of cayenne to taste. Look for peanut butters that list only one or two ingredients: peanuts or peanuts and salt.

Almonds

Because almonds contain more fiber than most nuts, they're a good choice for weight management, says Moore. "You'll be more satisfied for longer, and you also get some cholesterol-reducing benefits from the healthy fats. They are also a good source of antioxidant vitamin E," she says. Research suggests the monounsaturated fats from an almond-rich diet lower some markers of inflammation, including CRP.

Tips: Mix slivered almonds into rice and vegetable dishes to add crunch and subtle flavor. "Almonds also make a great snack – try pairing with apples and fresh cherries for a great complementary taste," she says.

Pistachios

Snack on pistachios to help with weight loss. "Dealing with the shell slows down consumption, which is good for people with arthritis trying to lose a few pounds to take pressure off joints," she says. Pistachios can also help lower LDL cholesterol and are high in potassium and antioxidants, including vitamins A and E and lutein – a compound also found in dark, leafy vegetables.

Tips: Sprinkle pistachios over Greek yogurt drizzled with honey for a high-protein, high-fiber snack or breakfast. Crushed pistachios also make a flavorful, crunchy coating for fish or chicken.

Flaxseed

Flaxseed is one of the richest plant-based sources of the anti-inflammatory omega-3 fatty acid ALA. Studies show it may help lower overall and LDL cholesterol and reduce the complications of diabetes and heart disease risk. Crushing or milling the flaxseed make it easier for your body to digest and use the ALA, so choose these varieties over whole seeds.

Tips: Stir into yogurt along with some fruit or sprinkle onto cereal or salads.

Chia Seeds

Chia seeds are also an excellent source of anti-inflammatory ALA, but their biggest benefit is probably their high fiber content (about 10 grams per serving), says Moore. "The fiber fills people up, which can help control weight," she says.

Tips: Chia seeds absorb liquid easily and take on a jelly-like consistency. Moore takes advantage of this by blending chia seeds with almond or coconut milk, fruit and vanilla extract then chilling the mixture in the refrigerator to create a chia pudding

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Best Oils for Arthritis

The oil you put on your salad can add to your anti-inflammatory arsenal.

Among the myriad bottles of oils lining grocery store shelves are some that offer a dose of [anti-inflammatory](#) action and other health perks for people with arthritis. When part of a diet that emphasizes vegetables, fruits, whole grains and lean proteins, certain oils can help stave off heart disease, stroke and diabetes, for which many people with arthritis have an increased risk.

Some may also help prevent inflammatory conditions such as [rheumatoid arthritis](#), as well as certain cancers, says Sara Haas, a Chicago-based dietitian, chef and spokesperson for the Academy of Nutrition and Dietetics.

Oils Explained

All oils are a mixture of fatty acids – monounsaturated, polyunsaturated and saturated –and it’s the ratio of these acids that determine whether an oil or fat is healthful or harmful.

“Healthy oils and fats have a higher amount of unsaturated fatty acids and a lower amount of saturated fatty acids than their less-healthy counterparts,” says Haas. “Unsaturated fats – mono and poly – have unique health benefits. Monounsaturated fats can help lower your blood LDL [bad cholesterol] level and raise HDL [good] cholesterol, which in turn can help prevent cardiovascular disease. Polyunsaturated fats may lower total blood cholesterol, which also helps prevent heart disease.”

At the other end of the spectrum are [saturated fats](#), such as [butter](#), which are solid at room temperature and are linked to [unhealthy cholesterol](#) levels and heart disease. This is a type of [fat you should limit](#) in your diet.

Squeeze the most health benefits out of your oils by understanding their best uses, which often depend on their smoke point. This is the temperature at which different oils begin to smoke and break down, which destroys the compounds that give them their health benefits.

“Finer oils with low smoke points are not good for most cooking applications because cooking destroys their nutritive value,” Haas says. She advises reserving oils with low smoke points for dishes that don’t involve high heat or for drizzling on soups and vegetables just before serving.

Storing oils properly will keep their taste and beneficial compounds intact. Air, heat and light speed up deterioration, and most should be kept on a cool, dark shelf. Some oils, particularly those high in polyunsaturated fatty acids, go rancid quickly and are best stored in the refrigerator and brought to room temperature before using. If oil has an unpleasant taste or odor, it’s time for a new bottle.

Here are Haas’s top picks for healthy oils.

Olive Oil

High in monounsaturated fats and anti-inflammatory and antioxidant compounds, olive oils are among the best-studied fats, with many known health benefits. Extra virgin olive oil, the least refined type, is pressed mechanically rather than processed with heat or chemicals that change its chemical properties. It contains biologically active compounds – such as the polyphenols oleocanthal, oleuropein, hydroxytyrosol and lignans – that have been linked to reduced joint damage in rheumatoid arthritis.

Kitchen tips: “Extra virgin oil has a low smoke point, so it’s best for finishing foods or for dressings,” Haas says. “The smoke point of virgin olive oil is a little higher, making it a better choice for cooking.” Olive oil doesn’t need to be refrigerated, but lasts longer away from heat and fluctuating temperatures and even longer in the fridge. Once opened, it will keep for about six months on the shelf and up to a year in the refrigerator.

Grapeseed Oil

This winemaking byproduct, which is pressed from the seeds of grapes, is high in polyunsaturated fatty acids and is a good source of vitamin E.

Kitchen tips: “This is a versatile oil with a neutral flavor profile,” says Haas. “Its medium-high smoke point makes it good for salad dressings, sautéing and baking.” Store in the refrigerator, where it will keep for up to six months.

Walnut Oil

This oil is high in polyunsaturated fatty acids, including alpha-linoleic acid, that have cardiovascular and cholesterol-lowering benefits. These fatty acids can also lower levels of C-reactive protein (CRP), a measure of body-wide inflammation.

Kitchen tips: To preserve its health benefits and nutty taste, it’s best not to heat this delicate oil, Haas says. Walnut oil can go bad in less than three months, so keep it in the refrigerator.

Avocado Oil

This pale green oil is rich in monounsaturated fats, which can lower heart disease and stroke risks. Research also suggests avocado oil has an anti-inflammatory effect, reducing CRP. It’s also a good source of the antioxidant vitamin E.

Kitchen tips: Avocado oil has mild flavor and a higher smoke point than most plant oils, so it performs well for high-heat cooking such as stir-frying. Keep in the refrigerator, where it will last about six months.

Best Oils for Arthritis

The oil you put on your salad can add to your anti-inflammatory arsenal.

Among the myriad bottles of oils lining grocery store shelves are some that offer a dose of [anti-inflammatory](#) action and other health perks for people with arthritis. When part of a diet that emphasizes vegetables, fruits, whole grains and lean proteins, certain oils can help stave off heart disease, stroke and diabetes, for which many people with arthritis have an increased risk.

Some may also help prevent inflammatory conditions such as [rheumatoid arthritis](#), as well as certain cancers, says Sara Haas, a Chicago-based dietitian, chef and spokesperson for the Academy of Nutrition and Dietetics.

Oils Explained

All oils are a mixture of fatty acids – monounsaturated, polyunsaturated and saturated –and it’s the ratio of these acids that determine whether an oil or fat is healthful or harmful.

“Healthy oils and fats have a higher amount of unsaturated fatty acids and a lower amount of saturated fatty acids than their less-healthy counterparts,” says Haas. “Unsaturated fats – mono and poly – have unique health benefits. Monounsaturated fats can help lower your blood LDL [bad cholesterol] level and raise HDL [good] cholesterol, which in turn can help prevent cardiovascular disease. Polyunsaturated fats may lower total blood cholesterol, which also helps prevent heart disease.”

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Best Spices for Arthritis

Season your food with anti-inflammatory spices.

Often when prepping a meal, food is the primary focus and spices are, at best, an afterthought. But when following an [anti-inflammatory diet](#) to help reduce the pain and joint inflammation of arthritis, researchers say don't forget about the potential benefits of the spices you use to season your meals.

“The more anti-inflammatory foods and spices you eat, the more you are tamping down chronic inflammation,” explains board certified sports dietitian Kim Larson, a national spokesperson for the Academy of Nutrition & Dietetics. “I think people are often surprised at what a great anti-inflammatory source spices can be.”

When you have arthritis, your joints and sometimes other parts of your body become inflamed, and many spices inhibit certain inflammatory pathways in the body. And although a dash of cinnamon on your oatmeal is somewhat infinitesimal, spices can pack a significant punch when you consume a number of them throughout the day.

“If you do a sprinkle of cinnamon in oatmeal or a smoothie, then have some ginger tea mid-morning and something with pepper and garlic for lunch and dinner it can certainly have an additive effect,” explains Beth McDonald, a nutritionist at The Center for Health and Healing in the Department of Integrative Medicine at Mount Sinai Beth Israel Hospital in New York City. “So with spices – experiment with new recipes and try to incorporate a spice with an anti-inflammatory benefit with every meal.”

With that in mind... here are some spices to consider the next time you are in the kitchen.

Garlic

Garlic is a tasty addition to just about any savory dish. Like onions and leeks, it contains diallyl disulfide, an anti-inflammatory compound that limits the effects of pro-inflammatory cytokines. Garlic, therefore can help fight the pain, inflammation and cartilage damage of arthritis.

Opt for fresh garlic from the produce section of your market because preservatives may be added to bottled garlic and processing may decrease some of its strength.

Turmeric

Curcumin is the active chemical in [turmeric root](#); it blocks inflammatory cytokines and enzymes in two inflammatory pathways. Several human trials have shown an anti-inflammatory benefit, which can translate to reduced joint pain and swelling. The yellow spice is popular in curries and other Indian dishes. It is most effective in combination with black pepper, which helps the body absorb it better – so eat the two together when possible.

Ginger

Gingerol and shogaol are the chemicals in [ginger](#) that block inflammation pathways in the body. Along with its anti-inflammatory properties, some studies have shown ginger can also reduce osteoarthritis symptoms, although other studies did not find such benefit.

Ginger is a versatile spice and can go in both sweet and savory dishes. It's best to use it in its fresh form. A great way to add ginger to your diet is to boil it into a tea: Put a one- to two-inch piece of fresh ginger root in boiling water for 30 to 60 minutes.

Cinnamon

Cinnamon contains cinnamaldehyde and cinnamic acid, both of which have antioxidant properties that help inhibit cell damage caused by free radicals. Studies say more research is needed to make formal recommendations about its use, however.

Cinnamon is delicious mixed with oatmeal or added to smoothies, but it's not strong enough on its own to offer a therapeutic effect. Used in combination with other foods and spices, it may offer a cumulative anti-inflammatory effect over the course of the day.

Cayenne

Chili peppers contain natural compounds called capsaicinoids, which have anti-inflammatory properties. Cayenne and other dried chilies spice up sauces, marinades and rubs. Chilies can be hot, so start with just a dash or two.

Final Tips

When trying a new spice, start small and add more after you've taste-tested your dish. Anywhere from a half teaspoon to a full teaspoon is generally a good place to start for most spices, except cayenne (start with a ¼ tsp or less of cayenne).

A good rule of thumb with spices is "fresh is best." But experts say bottled spices can pack a punch too. "Spices are already dehydrated so the antioxidants are concentrated in a small, powerful amount," Larson explains.

And remember the wide variety of foods you can spice up. They are wonderful in rubs, marinades and sauces; on steamed or roasted vegetables; mixed into pasta, potatoes, rice, couscous and quinoa; and in soups and stews

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Best Vegetables for Arthritis

Going **green** – and **yellow** and **orange** – could be one of the best things you do for your joints.

When you have arthritis, the produce section is one of the most important stops you can make in the grocery store. Vegetables are rich in antioxidants and other nutrients that protect against cell damage and lower inflammation throughout the body, including in your joints.

Which vegetables are best? “The more color the better. Eat the rainbow on your plate,” advises Kim Larson, a Seattle-based nutritionist and Academy of Nutrition and Dietetics Spokesperson. “Variety is the key.”

Here’s a guide to some of the vegetables that should color your plate every day.

Dark Green Leafy Vegetables

Energy production and other metabolic processes in the body produce harmful byproducts called free radicals, which damage cells. Free radicals have been implicated in the development of [rheumatoid arthritis](#) (RA), and in the [inflammation that attacks joints](#). Green, leafy vegetables such as broccoli, spinach, Brussels sprouts, kale, Swiss chard and bok choy are packed with antioxidants like vitamins A, C and K, which protect cells from free-radical damage. These foods are also high in bone-preserving calcium.

Broccoli and other cruciferous vegetables (Brussels sprouts, cabbage, bok choy and cauliflower) offer another benefit – a natural compound called sulforaphane. Research on mice shows sulforaphane blocks the inflammatory process and might slow cartilage damage in osteoarthritis (OA). And there’s some evidence diets high in this vegetable family could prevent RA from developing in the first place.

Sweet Potatoes, Carrots, Red Peppers and Squash

These brightly orange- and red-hued vegetables get their distinctive color from carotenoids like beta-cryptoxanthin. Plant pigments also supply sweet potatoes, carrots, squash and red peppers with antioxidants. Some research suggests eating more foods rich in beta-cryptoxanthin could reduce your risk of developing RA and other inflammatory conditions.

Red and Green Peppers

Peppers – no matter what their color or whether they’re mild or hot – are an abundant source of vitamin C, which preserves bone, and may protect cells in cartilage. Getting less than the recommended 75 mg for women and 90 mg for men daily may increase risk for OA of the knee. Just a half-cup of red bell pepper gives you a full day’s supply.

Onions, Garlic, Leeks and Shallots

These pungent vegetables are all members of the allium family, which are rich in a type of antioxidant called quercetin. Researchers are investigating quercetin's potential ability to relieve inflammation in diseases like RA. Alliums also contain a compound called diallyl disulphide, which may reduce the enzymes that damage cartilage.

Olives

Though technically a fruit and not found in the produce aisle, olives and olive oil can be potent inflammation fighters. Extra-virgin olive oil contains the compound oleocanthal, a natural anti-inflammatory agent that has properties similar to the NSAID drug, ibuprofen.

Should You Avoid Nightshade Vegetables?

Eggplants, peppers, tomatoes and potatoes are all members of the nightshade family. These vegetables contain the chemical solanine, which some people claim aggravates arthritis pain and inflammation. Are nightshades worth avoiding?

“It is anecdotal, and it certainly might be true for some people, but there are no scientific studies done to prove that they actually cause inflammation or make symptoms worse,” Larson says. Nightshade vegetables are rich in nutrients, making them a worthy addition to your diet. But if you find they trigger arthritis pain, don't eat them, Larson suggests.

Cooking Your Vegetables

Almost as important as which vegetables you choose is how you cook them. Steaming is preferable to boiling because it preserves the nutrients in the vegetables. “Don't use a lot of water, because vitamins and antioxidants might leach out in the water,” Larson says. Also don't overcook them – keep vegetables a little bit “al dente” to hold in the vitamins and minerals.

Skip the deep fryer, which adds a lot of extra fat and calories, but do sauté. “If you add oil, it actually releases the phytochemicals in vegetables and makes them more available,” Larson adds

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DIET DAILY MEAL PLAN

100% Raw (No cooked at all) or 90% Raw & 10% cooked

For 85 Raw/15% Cooked option – choose only fresh organic (if possible) garden/plant based produce - steamed, baked or grilled. NO PROCESSED.

Time	Item	Comments
5.30 am	Brisk walk	Absolutely essential
6.00 am	Fresh Green Juice (Tokatolu(bunch)/Half beetroot/2branches of celery/clone of ginger/half or three quarters of clean water (Vitamin C) can be added once you have taken the dirt out from the green Mix. Tumeric & Tumeric Juice or capsule can be added.)	
7.30 am	Option 1 – Bu or Coconut Juice & Flesh blended Option 2 – Berry/Coconut Juice/Avocado/Barley Green/Banana Smoothie Option 3 – Chia & Kiwi Fruit with Cucumber & Tomatoes mix with Raw Cream Option 4 – Bircher Mix (Raw Oatmeal (100%) Natural/Avocado/Coconut Juice& flesh/Soya milk/banana/barley green/Squished Coconut & water juice/Chia seed/Sliced Almonds & Pumpkin seeds –Mix all ingredients and ensure that Mix is not thick, allow for fresh flow of liquid. The Mix tastes good when left in the fridge for 2 – 3 hrs or overnight)	Breakfast
10.00 am	Carrot / Barley Juice or Bu Juice or Pure Water	
12.00 pm	Carrot / Barley Juice or Bu Juice or Pure Water	
12.30 pm	Smoothie or Bu Juice & Flesh or Carrot/Celery /Cucumber Juice or Raw Blended Tomatoes & Cucumber with Tumeric & Cayenne pepper	Lunch
2.30 pm	Carrot / Barley Juice or Bu Juice or Pure Water	
5.00 pm	Carrot / Barley Juice or Bu Juice or Pure Water	
6.00 pm	Raw Vegetable Salad (Cumber/Green Long lettuce/Tomatoes/Avocado/Garlic/Broccoli/Pure Cold pressed virgin Olive oil or Virgin Coconut Oil (VCO)). The salad can also be added with Pure coconut oil blended with garlic/avocado/turmeric & cayenne pepper). The other option where one can blend all the green salad with a powerful blender mix with either Cold pressed virgin Olive oil or VCO or other clean cold pressed virgin vegetable oil. The Vegetarian Mayonnaise is another dressing that can be used instead of the oil as dressing. The broccoli & bhindi can be also added (after 3 to 4 minutes) steaming.	Dinner (Last solid food)
7.30 pm	Carrot / Barley / Vitamin C with Tumeric juice or capsule	
9.00pm	Early to bed is another essential	

Some health experts believe that our **pH balance** is extremely important, others say it is essential, there are a few who clearly state that it is a matter of life and death. The only people who don't emphasize the alkaline/acidity balance as central to health are quacks that peddle a pharmaceutical pill for every ill, a drug for every bug.

pH stands for **power of hydrogen**, which is a measurement of the hydrogen ion concentration in the body. The total pH scale ranges from 1 to 14, with 7 considered to be neutral. A pH less than 7 is said to be acidic and solutions with a pH greater than 7 are basic or alkaline. **Our ideal pH is slightly alkaline - 7.30 to 7.45.** You can test your pH levels regularly by using a piece of litmus paper in your saliva or urine first thing in the morning before eating or drinking anything.

By including pH balance in my approach to health and healing, through yoga and nutrition, we have seen repeatedly students bodies and minds rebuild on their own from all kinds of degenerative conditions that no one else was able to cure. We have found that addressing an over acidic system is fundamental to bringing the body back to vitality. As you will see it is key to balancing all other systems.

1. Digestive System - Most digestive disorders, such as indigestion, nausea, bloating, gastric reflux, are symptoms caused by excess acid in the gastric region and not enough alkaline minerals in the intestinal tract. If the alkaline minerals from enzyme rich foods are missing then the pancreas will become exhausted, and once the pancreas is exhausted, it loses the ability to decode the food and tell the body what to do with it. This will lead to a degenerative spiral of entropy where organs become confused and inflamed.

2. Circulatory System - Acidity is the principal cause of heart disease. It is well established that many fats are extremely important and essential for cardiovascular health. Good fats can actually help heal the inflammation that underlies arteriosclerosis. When the arteries thicken with plaque it is not as a response to good fats, it is inflammation created by the internal acidic environment. The body responds to the acidity by lining the vessels with fatty plaques to prevent life-threatening leaks, which arrest imminent death, but strain the heart because the aperture for the blood to flow through is narrower. When the heart becomes completely exhausted, this is known as a heart attack.

3. Immune System - Acidic environments are breeding grounds for anaerobic pathogens whereas the high levels hydrogen of rich body fluids keep bad bacteria inactive. As the great scientist, Antoine Béchamp famously observed 'The germ is nothing, the terrain is everything.' Whether bad bacteria and pathogens incubate or remain dormant, all depends on the ratio of cellular pH. The germ theory is a narrow view that has been adopted by the current medical establishment, which conveniently relies on a profitable cut, burn, and poison approach to sickness. Surgery, radiation, and pharmaceutical drugs are an invasive approach that is ineffective because they works against the body's natural functions to heal itself, and it fails to address the underlying cause and only treats the symptoms.

4. Respiratory System - When the tissues and organs are overloaded by acidity the transport of oxygen is strangled. This suffocation means the cells cannot breathe properly. Every cell in our body needs to breathe new oxygen and to clear acidic carbon dioxide to function correctly. When

the ratio of acidity is too high then wastes in the form of mucus and infections and viruses build up in our lungs, which leads to colds, bronchitis, asthma, etc.

5. Skeletal System - Arthritis is one of the most disabling diseases in developed countries. The word arthritis means "inflammation of the joint" and is used to describe pain, stiffness, and swelling in the joints. The two main form of arthritis are Rheumatoid and Osteoarthritis. Both forms are related to pH imbalance and accumulation of acid deposits in the joints and wrists. It is this accumulated acid that damages cartilage. When the cells that produce the lubricating synovial fluids and bursa fluids are acidic, this condition causes a dryness that irritates and swells the joints. When uric acid builds up it tends to deposit in the form of crystals, like broken glass in the feet, hands, knees and back. Osteoarthritis is not a 'wear-and-tear' condition. Arthritis can be arrested and reversed using a specific protocol that I have developed using alkaline minerals and Yoga.

6. Integumentary System - Commonly know as the skin. When the body's pH is out of balance then the build up of acid causes inflammation and the skin is less able to function as a natural barrier against infection. As a result, the skin tends to develop lesions and sores open to the surface of the body, and the formation of skin eruptions occur like pimples or rashes.

7. Nervous System - Acidity weakens the nervous system by depriving it of energy. This is also known as 'de vitalizing' or 'enervation'. It makes the physical, mental, and emotional body weak.

8. Excretory System - This is also known as the urinary system. It is made up of multiple organs, the main one being the kidneys. The kidneys perform the task of filtering fluids and purifying our blood. If the body is overwhelmed by excess acids, compensatory mechanisms spring into action, one of them is the pulling of alkaline minerals from your bones and dumping them in the blood. If this occurs frequently enough, the minerals build up in the kidneys in the form of painful kidney stones.

9. Muscular System - When acidity increases in the muscle cells, it disrupts the metabolism breakdown of glucose and oxygen to energy. This means muscles perform poorly in an acidic environment. An alkaline system on the other hand allows for much better aerobic metabolism and energy for the body's recovery from strenuous exercise. I can often observe when someone is acidic from their breathing because they take large gulping inhales while doing the simplest tasks like walking and talking, which suggests their body finds it difficult to adequately deliver oxygen into the cells - a symptom of acidosis.

10. Reproductive System - Still much research is being done to discover the exact link between sexual dysfunction and acidity and also infertility and acidity. Many health experts that claim acidity is correlated with three different disorders in reproductive health:

1. Decreases male and female arousal.
2. Decreases sexual enjoyment and particularly female satisfaction/climax.
3. Decreases fertility and increases the tendency to miscarry.

There are many more diseases and disorders that are associated with an acidic condition - cataracts, osteoporosis, gout, cancer, migraines, constipation, morning sickness, stroke, allergies, diabetes, obesity, etc. With this awareness of how acidity affects us, we can all choose to make informed and empowered healthy decisions for wellness and inner peace through deeply strengthening practices like yoga and nutrition.