



## **Some Thoughts on Diet and Chronic Joint Pain**

The majority of carbohydrates, particularly refined carbohydrates can aggravate and even cause degeneration. Excess acids in the system do exactly what they sound like they do: They deteriorate and damage cells. Additionally, the body's survival mechanism will attempt to neutralize these acids. (Calcium from bone is an exemplary acid neutralizer.)

Therefore, as you consume sugar, flours, grains and other refined carbohydrates, your blood stream ends up in acid overload and you actually give yourself degenerative arthritis. Dairy and caffeine are two additional major acid culprits.

Furthermore, fats play a major role in the inflammatory process. Excess omega-6 and omega-9 fats will add fuel to the fire of arthritis while taking a high quality fish oil helps to quench "the fire."

Because your level of hydration is also a major factor, water also puts out the fire of joint pain. Walking around on dry joints is just as deadly as it sounds.

If you are serious about controlling your pain these guidelines should be adhered to. The best resources for a diet that follows these guidelines are:

The South Beach Diet by Arthur Agatston, M.D.

[www.mercola.com](http://www.mercola.com) – a natural health website