

Health Bulletin



Diet Tips for Flexible Joints

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(NAPSA)—It's no secret that the food you eat can play a major role in how good you feel, yet many people probably don't consider how nutrition can affect their joint flexibility.

What To Eat

Some foods may help promote increased flexibility. Recent studies have shown that certain foods contain natural chemicals that help promote healthy joints. These "wonder foods" include:

- Fatty fish (salmon, mackerel and sardines);
- Nuts and fruits (almonds and walnuts, blueberries and oranges);
- Garlic, onions and most green vegetables;
- Herbs (rosemary and oregano);
- Spices (ginger, clove and cinnamon); and
- Beverages (white and green tea, red wine and cocoa).

What Not To Eat

Loading up on junk and processed foods tends to make you feel worse due to the unhealthy fats that are used in the cooking and frying process. In addition, there are several foods that are not normally considered junk foods but can be high in fat and they usually contain ingredients that will interfere with optimal joint health.

For example, red meat, eggs and wheat products all contain arachidonic acid. While some arachidonic acid is essential for your health, too much in the diet can lead to decreased mobility. Junk and processed foods often contain too much sugar, too. Anecdotal evidence suggests that excessive consumption of sugars



By incorporating more fruits and vegetables into your diet, while avoiding junk food, you may be helping your joints feel better.

and refined starchy carbohydrates such as white flour can aggravate inflammation.

Another possible source of irritation are plants from the nightshade family, such as potatoes, tomatoes and eggplant. These vegetables contain a chemical alkaloid called solanine, which can trigger inflammation in some people.

Dietary Supplementation

The combination of glucosamine and chondroitin is commonly recommended to promote comfortable and healthy joints. Move Free® Advanced adds Joint Fluid™ (hyaluronic acid) and a natural antioxidant system called Uniflex™, which make the supplement formula two times more effective in relieving joint discomfort than glucosamine and chondroitin alone. Benefits can usually be felt in as little as one to two weeks. To learn more, visit www.movefreeadvanced.com or call (800) 526-6251.

Dr. Luke Bucci, Ph.D., is the author of "Pain Free: The Definitive Guide to Healing Arthritis, Low-Back Pain, and Sports Injuries Through Nutrition and Supplements."