

## Does Food Effect Your Pain?

According to researchers at Johns Hopkins, "There's no denying that there is a strong connection between what you eat and how you feel, and the difference is likely to become more and more apparent the older you get." (Johns Hopkins Health 2000, [www.intelihealth.org](http://www.intelihealth.org))



Stunning breakthroughs in medical research demonstrate that you can literally feed your aching bones and joints exactly what they need to move more freely and with less discomfort. Taking certain nutrition to eliminate distress, rebuilding deteriorating joint structures, and restore freedom of movement is rapidly moving into mainstream medical consciousness. Long overdue but still not fast enough... In reality the doctors at Johns Hopkins have developed a "bone/joint diet" that they feel can help relieve the burden of stiff, painful joints. Eating habits to follow)

Although denied by the medical profession for the last three decades, diet will influence your pain... Prior to the refusal period of medicine it was and in some circles still a known factor that certain foods as well as drinks trigger certain problems. For instance, joint problems have been found to be exacerbated by the use of alcohol, liver and other organ meats. The most famous shared difficulty recognized is "Gout," although the pharmaceutical companies have tried to convince the world this is not correct, it certainly is as well as gout sufferers who have had direct results of those foods will tell you... Chemicals concocted by the pharmaceutical industry does help with a few cases though the digestive system is suffering the affects as well as the liver and kidneys which have to filtration system out the foreign matter in the body! As we get older our digestive system does not work as fast nor as thorough as it needs to and therefore medications can create as many or more problems than they help!

Doctors also targeted allergies or intolerance for dairy products, preservatives found in a wide variety of foods and drugs along with members of the nightshade family as possible culprits for joint problems. In addition, eating or drinking something tainted with Salmonella or other bacteria has been shown to trigger the immune system to attack the joints, a condition known as "Reiter's syndrome."

The Johns Hopkins researchers say that you need to experiment with different foods to see those will help you and those may cause a person pain. With over 100 different kinds of bone/joint problems classified under the heading of "arthritis" it is easy to understand why experimenting with different foods must be left up to you. Also as explained by the Johns Hopkins paperwork, "The more pressure and weight on your joints, the more they are going to hurt. Also and extra 10 pounds stresses the joints." A desirable reason to lose weight of plagued along with joint/bone problems!

### A Diet to Promote Joint Comfort from Johns Hopkins Health 2000

**BREAKFAST:** One piece or serving of fresh fruit; one slice of bread or bowl of cereal; one protein, such as an egg or a cup of yogurt.

**LUNCH:** An innovative salad with vegetable, such as mushrooms, carrots, tomatoes, radishes, celery and low-fat dressing; a four-ounce serving of protein, such as fish, poultry, turkey, tofu or beans; one breads serving; a piece of fresh fruit.

“  *Natural Gout Treatment - Which Vitamins Are Good For Gout? Download this image from Dreamstime.com Only a few vitamins have been really researched as contributors in order to a natural gout remedy. You are vitamin c which a few studies have found lowers uric acid levels to some degree. I have written...*

**AFTERNOON SNACK:** One fruit or perhaps raw vegetable; one serving of bread; a glass of low-fat milk or a cup of low-fat yogurt.

**DINNER:** A four-ounce serving of proteins, such as fish, tofu, chicken, coffee beans, turkey or beef; one carbohydrate, such as a baked spud, rice, bread or even pasta; single serving of steamed vegetables (avoid starches like peas or corn); a brand new salad with low-fat dressing.

**EVENING SNACK:** A fruit with one graham cracker square, one low-fat cookie, or a half cup of sorbet or low-fat frozen yogurt.

Combining a healthful diet and stress reduction, pain can all but always be eliminated in most instances...

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