Say It Ain't So... Can Food Really Cause Achy Joints?

April 27, 2011 By Rhonda Peters

I spent many years in excruciated pain in my hands; so much pain that I couldn't even hold my toothbrush or button my pants/shirts. The pain would last for an entire day before calming down and then it would take 3 days before the swelling and soreness would go away. When these situations occurred, this was called a "flare-up" (inflammation). Initially, I would get these about 3 to 4 times per year. I tried every home remedy and drug, including cortisone drugs/steroids injections, but nothing worked permanently; these were all short term fixes and the pain would always return. Rheumatoid Arthritis (RA) is something that I have been challenged with since 1995. RA causes one's immune system to self attack itself and cause inflammation and pain.

So after many years of dealing with yearly flare-ups, in 2005 after meeting Dr. Don Colbert, I learned that there were many different foods that could trigger inflammation when diagnosed with rheumatoid arthritis. After reading Dr. Colbert's books as well as other books and case studies on arthritis, I put all of that information to the test. I decided to stop eating foods that caused me to have flare-ups. The following is a list of some foods that could potentially trigger joint inflammations:

- Grains: Corn, oats, wheat
- Fruit: Oranges, grapefruit, tomatoes
- Dairy: milk and dairy-based products
- Meat/Protein: Pork, chicken, turkey, shellfish, eggs, nuts & seeds high in Omega 6
- Vegetables: Night shade plants such as potatoes, eggplants, bell peppers, etc)
- Other: Coffee

By now, I know that you are in shock! I know that the next question in your mind is "so, what can I eat now?" Well, I am here to assure you that you have lots of options and that you can transition to this lifestyle with time and with the right recipes. In fact over 90% of the recipes in my

cookbook “So, What Can I Eat Now?!” are great for people who struggle with joint inflammation. Below are a few of the many foods that one can eat that helps prevent joint inflammation:

- Grains: 100% whole grains (mostly gluten free, no wheat)
- Fruit: Fresh fruits with a low glycemic index(no oranges/grapefruit)
- Meat/Protein: Cold-water fish, sardines, ground flaxseeds all natural nuts and seeds (hemp, flax, chia)
- Vegetables: Dark leafy greens and all fresh/frozen vegetables
- Spices: Garlic, ginger, turmeric
- Oils: Extra virgin olive oil, cold-pressed flaxseed oil without additives

I can tell you that right now in my life, I finally feel better than ever since being diagnosed with rheumatoid arthritis! I can now wake up EVERY morning able to hold my toothbrush and get dressed without a problem! So for me, not eating a piece of chicken or having my favorite coffee was okay.

So how do you get started? Start slow and remember that not all of these foods listed will impact everyone the same. In order to find out if it causes inflammation in your body, you must remove all of the items from your diet for 2 weeks and then slowly introduce them back one by one. If you still can’t tell and are still having pain, shoot me an email because there are a few other things/strategies that you can do to help you live pain free! I am telling you the truth, it really does work!!! I no longer take any medications for rheumatoid arthritis!

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