

THE ANTI-INFLAMMATORY DIET AGAINST OSTEOARTHRITIS, ARTHRITIS, AND GOUT

The cause of arthritis, osteoarthritis and gout is known to scientists. Therefore, patients can decide to respond to this new knowledge and cure these diseases. For half a century, doctors told us that these diseases could not be cured, but there is a lifelong treatment by taking medicines. The reasoning that these diseases can not be cured but can only be treated does not seem to be correct anymore. Osteoarthritis is an inflammatory disease, just like gout and arthritis. These inflammations occur at the cell level and are associated with reduced functioning of the kidneys and liver. We can heal inflammations. There is medicinal food that improves functions of organs. However, this healing process is not very easy because the sickening factors are in what we love: wrong food.

Nutrition of industrial quality increases the risk of diseases, according to scientists. They use the term "processed food". Operations that are done at the industry level change the quality enormously, in a negative sense. From healthy corn, glucose-fructose syrup is produced, which causes inflammations at cell level. From healthy sunflower seeds with anti-inflammatory effects, frying oil and margarine are made, that cause inflammation, according to scientists. From beet sugar juice with medicinal applications, disease-promoting and addictive white sugar is made. Such far-reaching process changes take place at industrial level and not in the kitchens of households.

Fresh food on the other side, such as vegetables, fruits, nuts, seeds and all kinds of cereals improve the condition of the body. These food types offer healing power. When someone decides to do the anti-inflammatory diet, that means two things:

1. A transition to the consumption of anti-inflammatory foods
2. A transition to the avoidance of inflammation-promoting food.

The role of the kidneys

First, let's go back to the real cause of arthritis, osteoarthritis and gout. This is caused in particular by excess uric acid in our body. Uric acid is normally drained by the kidneys. However, if the kidneys do not work 100%, it happens that not all uric acid leaves the body through the urine. It is then initially stored in the blood. There it is, as it were, waiting, until the kidneys can handle a little more uric acid. If the kidneys were to process the uric acid, it could be that the kidneys will decline in function, and that is what the body wants to prevent. When the uric acid stays in the blood for too long, it is transported to the joints. That is where inflammation starts. But these joint inflammations do not hurt in the first few years. Only after a few years are the inflammations so serious, and so much uric acid has been supplied, that inflammation will hurt. Reversing this process is possible, but not within a few days. In fact, you have to sustain a medicinal nutritional food program for months and some eating habits have to change for the rest of your life.



To improve kidney function, it is important to include an herb that have a medicinal effect on the kidneys. The kidneys will work better, resulting in more uric acid being removed.



What do we add?

The easiest change is to add something to your diet. By eating more fruit, the body will be better able to deal with uric acid. Cherries is a fruit that is well able to drain uric acid. It improves the functioning of the kidneys. Blueberries are good too. You can also think of fresh pineapple, papaya, apples, prunes, cranberries, mango, strawberries and figs.

Switching food habits slowly

“When we add new fruits every day to our menu, there is automatically less space for th wrong foods. “

The advantage of adding something is that it is experienced as an enrichment. The purchase of a beloved type of food is experienced as an impoverishment. The body counts on all kinds of habits. Food habits also belong to that. We can switch diet radically, or slowly . From a human point of view, it fits better with the nature of our body to switch slowly to healthier food. In this way we do not immediately break with all kinds of old habits in a forced manner. In this way we can set our body to grow into a new diet without emotional problems.

Vegetable habits

We can also include new vegetable habits in our daily lives. Making a smoothie or a vegetable soup every day is a great change, If you did not do that before, it means a lot. The body receives extra nutrients. In addition, the body can hold less of the old food habits. In this way the body can slowly get used to a new diet, in this case the anti-inflammatory diet,

Following the supermarket diet increases the risk of diseases

In fact, people who do not diet, are also dietinf: the supermarket diet or the inflammatory diet. This diet increases the risk of various diseases. It is known to scientists that food of inferior or industrial quality increases the risk of diseases such as obesity, diabetes, cardiovascular disease, cancer, ADHD, dementia, Alzheimer’s disease and mental illness.

The danger of supermarket drinks

When it comes to food, we should not just think of solid food. Drinks such as iced tea, soft drinks, juices, nectars and syrups from the supermarket largely belong to the category of sickening food. These drinks will eventually have to be banned, banished from the bodies of people who want to cure a disease, because they cause too many problems. There are far too many sugars in it. In addition, alternative sugars are used that have developed so industrially that they are even more toxic than regular sugar, like glucose-fructose syrup. Furthermore, there are all kinds of additions in industrial beverages that are permitted in one country and are prohibited in the other country. This leads to strange observations such as: In Germany, where the rules are much stricter, the soft drinks are slightly less unhealthy than in the Netherlands, where much more use of sickening substances is allowed.



In Third World countries, or some Eastern European countries, there are hardly any rules in this area and industries enjoy more freedom to mix their drinks with addictive and pathogenic substances. Addictive in this case should be seen as: some flavor enhancers have such an impressive impact on our brain, so that we desire this impact more often. Our brain wants strong, artificial taste impulses, because it is used to taste enhancers from childhood.

In addition, sugar is an addictive substance according to scientists; according to research it is even more addictive than the hard drug cocaine. The brain makes more reward substances when we eat sugar, than the use of a hard drug, that everyone knows is quite damaging. Sugar is actually a more devastating drug than cocaine, and prohibiting this drug would have many emotional consequences in today's society.

Make your own soft drink

Switching to drinking less or no soft drinks is a gift for your body and mind. It requires a little more attention and dedication. We can easily make fresh drinks ourselves. Juices, smoothies and tea can easily be made by yourself. There are all kinds of technical tools that make it easy to make juices yourself, such as slow juicers, blenders, juice extractors and citrus presses.

Often it tastes a drink better if you have made yourself a fresh fruit juice. In any case, it is a lot healthier than buying supermarket drinks.

Less inflammatory diseases around the Mediterranean

Various scientific studies show that the Mediterranean diet is less inflammatory than other diets. It is also generally known that there are fewer cases of cancer and heart disease in people who follow the Mediterranean diet. These are also inflammatory diseases.

Scientists do not know exactly why the Mediterranean diet is better. It is known that more often natural oil such as olive oil is used and much less industrial sunflower oil and margarine. Furthermore, people start with all kinds of soups and salads. People eat relatively many vegetables. In Spain, a potato pie (tortilla) or eggplant pie is regularly eaten as lunch. These nightshade vegetables, mixed with egg, onion and garlic, is healthier than supermarket bread.

Mediterranean diet and osteoarthritis, arthritis

Scientific research clearly shows that a Mediterranean diet reduces the risk of arthritis, gout and osteoarthritis. In addition, the risk of high blood pressure and thus of heart problems is also reduced. The researchers do not know exactly what the mechanism behind this is. The problem with this is that it probably does not involve one mechanism but a complex of factors that work together. In any case, scientists say that bioactive components such as antioxidants, of which the Mediterranean diet is very rich, play an important role in the anti-inflammatory effect.

Research into vegetarian diet and osteoarthritis

In a meta-study using 31 studies that study the relationship between arthritis and the vegetarian diet, it appears that the vegetarian diet significantly reduces pain in osteoarthritis. The researchers see that fasting also helps. But fasting means that you forego a few days or weeks



and eat very little inflammatory food, which is very difficult. Moreover, it appears that after their fasting the operation remains at most a few days. After a day or 3-4, the osteoarthritis pain may flare up again.

The research shows that a vegetarian diet provides more solace in the long term in osteoarthritis. Actually it was already known in older times that eating meat greatly increases the risk of rheumatic inflammations. There are many inflammation-causing nonnutrients in meat. In the case of meat, do not just think of pork, but beef, horse, sheep, chicken and fish also contain inflammatory nonnutrients. That is why, when these animal products are eaten, it is important that they are accompanied by eating vegetables and herbs that negate the effects of these substances. Also eaten from fiber-rich foods is very important in this. Fibers of vegetables bind nonnutrients to themselves so that they do not enter the body. That prevents the start of many problems.

You do not have to turn to vegetarianism permanently, but a few weeks of vegetarian food can reduce osteoarthritis pain.

What is wrong with apples, bread and milk?

Pesticides are an explanation for allergic reactions. With apples we may notice that some people suffer from an allergic reaction to apples. It appears that this allergic reaction is much less when organic fruit has been used. This indicates the possibility that pesticides are the cause of allergic reactions. Scientific research shows that especially asthmatic reactions and various respiratory diseases are triggered by pesticides. That can be a very clear reason to switch to organic food or even put an apple tree in the garden. If research shows that pesticides are not good for COPD patients, then we should not just assume that it is harmless to other people. In fact, the general danger to humanity is included in the conclusion of this study.

Bread and milk products

The fibers in vegetables bind disease-causing substances so that they do not enter the body. Bread, on the other hand, is no longer a healthy product because it contains huge loads of white flour, also "brown" bread. There is not enough fiber in supermarket bread to achieve the effect that the pesticide substances bind to fibers. Even wholemeal bread is not 100% wholemeal, because it does not have to be, according to local nations laws. Brown bread may also be colored white bread.



In Mediterranean countries, people are also slightly more inclined to eat wild vegetables. In France and Italy, areas where wild mushroom picking is a profitable and popular occupation. In addition, relatively less meat is consumed in Mediterranean countries in relation to the number of nuts, vegetables, fruit that people eat. In a country like Portugal hardly any milk is drunk compared to the Netherlands. These kinds of things can also play a part, because the agricultural industry has managed to convert milk in 150 years from a healthy, raw product to a boiled, watery infusion, free of all healthy fats and nutrients and with a surplus of calcium and other nutrientless, inflammatory residues, which we also call bio-amines, causing a weak bone structure. In the Netherlands, there has been a campaign that has given the illusion that milk would be good for the bones, but scientific research tells us that it is an inflammation-promoting drink..

Differences in food consumption, cases and opinions

The story about the Mediterranean diet shows that there are quite a few differences in food consumption between countries that are close to each other. There is a difference in food consumption and there is a difference in the number of cases. In addition, there is a big difference in popular views and scientific insights. This difference also manifests itself in diseases other than inflammatory diseases. For example, as far as bone fractures are concerned, relatively much more fractures occur in the Netherlands than in Portugal. Researchers say this is because the Portuguese have stronger bones because they drink less milk. That while in the Netherlands milk has been propagated for years because it would be good for the bones. In the Netherlands even school milk is subsidized because of the supposed firming effect on the bones. This popular opinion is falsified by publications of many scientific studies.

When we know the true value of nutrition we can make decisions that fit better our body better. In this case we could decide to minimize the use of dairy products, so that we take less inflammatory substances.



A

[Anti inflammation diet](#)

[Alpinia galanga](#)

[Alzheimer](#)

[Anemia](#)

[Aspirin](#)

B

[Banana flower](#)

[Barringtonia asiatica](#)

[Beetroot](#)

[Bell pepper](#)

[Bok choy](#)

[Broccoli](#)

[Brussels sprouts](#)

C

[Cauliflower](#)

[Carobflour](#)

[Celery](#)

[Centella asiatica](#)

[Chinese cabbage](#)

[Chocolate](#)

[Cholesterol myth](#)

[Cinnamon](#)

[Purple corn](#)

[Cucumber](#)

[Orange cucumber](#)

D**E**

[Eggplant](#)

[Endive](#)

F

[Fennel](#)

[Food as medicine](#)

G

[Garlic](#)

H

[Horseradish](#)

[Hot pepper](#)

I

[Iceberg lettuce](#)

K

[Kale](#)

L

[Leek](#)

[Lettuce](#)

M

[Mangosteen](#)

[Medicinal Food 2019](#)

[Microbiome](#)

[Microwave food](#)

[Mint](#)

[Morgellons](#)

[Common mushrooms](#)

N

[Nettle](#)

O

[Red onions](#)

[Osteoarthritis](#)

[Otrivin, otrivine](#)

P

[Palmsugar](#)

[Papaya and papaya leaf](#)

[Pineapple](#)

[Potatoes](#)

[Purslane](#)

R

[Root celery](#)

[Romaine lettuce](#)

S

[Shallots](#)

[Shiitake](#)

[Spinach](#)

[Stevia](#)

[Supermarket alternatives](#)

[Sweet potato](#)

T

[Taro](#)

[Tomato](#)

[Turmeric](#)

U**V**

[Vegan milk](#)

W

[Watercress](#)

[Wild vegetables](#)

Z

SUBSCRIBE TO VEGATALES AND GET IT IN YOUR INBOX FOR

18 EURO PER YEAR

**THIS IS AN INTRODUCTION FEE FOR FRIENDS AND
EARLY ADAPTORS. PRICE GUARANTEED FOR THREE YEARS.**

