



## ARTHRITIS HEALTH PLAN

The following health plan contains a list of nutrition and lifestyle habits that can help minimize triggers for inflammation and reduce joint inflammation. There are many references throughout this health plan to help you find more in-depth information on the website about different listed interventions. If you have not been able to find all the help you need on the website, please use the “CONTACT US” form on the HOME page to ask for an appointment with a Lifestyle & Nutrition Consultant.

### UNDERSTANDING FACTORS THAT INCREASE INFLAMMATION

Before we look at nutrition and lifestyle habits that help minimize triggers for inflammation and reduce joint inflammation, let's take a look at key factors that increase inflammation in the body. As you read through the list, highlight all the factors that you think may be contributing to inflammation in your body.

#### FACTORS THAT INCREASE INFLAMMATION:

1. A low pH (acidic) – acidic foods, stress, illness decrease pH in the body
2. Exposure to toxins – cigarette smoke, chemicals, pesticides, herbicides, foods loaded with chemicals
3. Retention of toxins in the body – constipation, low fiber diet, poor fluid intake, sedentary body
4. Oxidative stress producing free radicals – pain, chronic illness, nutrient depleted foods all cause oxidative stress in the body
5. Imbalance of gut bacteria – suppresses immune function (70% of immune system contained in the gastrointestinal tract), inflames the gastrointestinal tract, diminishes absorption of important nutrients, overgrowth of unfriendly bacteria produce toxins
6. Food reactions and food allergies – interferes with immune function, can cause an abnormal immune response, inflames the gastrointestinal tract, diminishes absorption of important nutrients, causes abnormal gut permeability
7. Sugar and high fructose corn syrup and refined grain products
8. Saturated animal fats and trans fats and hydrogenated oils
9. Nutritional deficiency – interferes with normal immune response and healing
10. Emotional or physical stress – lowers pH and increase stress hormones

## NUTRITION HABITS THAT HELP REDUCE INFLAMMATION

Here is a list of healthy eating habits that can help minimize triggers for inflammation and reduce joint inflammation. As you read through the list, highlight all the habits you are already doing. Then go back through the list and put a check mark by the habits that you would like to try to adopt.

- Alkalizing, whole plant-based diet [To learn about an alkalizing, whole plant-based diet, go to <https://positivepatterns4life.com/thrive> and click on the *Eat Healthy* link which will take you to the *Eat Healthy* page.]
- Eat intensely colored fruits and vegetables (nutrient dense plus packed with antioxidants)
- Identify and eliminate food sensitivities and allergies (try the night shade diet)
- Avoid red meat (beef and pork)
- Limit saturated animal fat and refined grain products
- Eliminate sugar, high fructose corn syrup, trans fats, and hydrogenated oils
- Use extra virgin olive oil
- Eat soy
- Drink 3 to 4 cups of green tea per day
- Eat ginger or drink ginger tea

### KEY SUPPLEMENTS:

- Take a high quality multivitamin
- Take 1000 mg of omega 3 fatty acid with DHA and EPA (fish oil is the best source)
- Take 1 to 3 grams of vitamin C per day
- Take a probiotic or eat yogurt / cottage cheese or drink butter milk

## LIFESTYLE HABITS THAT HELP REDUCE INFLAMMATION

Here is a list of lifestyle habits that can help minimize triggers for inflammation and reduce joint inflammation. As you read through the list, highlight all the habits you are already doing. Then go back through the list and put a check mark by the habits that you would like to try to adopt.

- Take action to manage stress – relax on purpose, journal, adopt a positive perception about situations that stress you, practice relaxation exercises like the deflating-balloon-deep-breathing technique, take time to do things you enjoy [For more information go to <https://positivepatterns4life.com/thrive> and click on the *Manage Stress* link which will take you to the *Manage Stress* page.]
- Practice healing visualizations [For more information go to <https://positivepatterns4life.com/thrive> and click on the *Think Positive* link which will take you to the *Think Positive* page.]

- ❑ Avoid exposing your body to toxins – eat organic foods, use a special cleaner on produce to remove herbicides and pesticides before eating, use gloves when using any kind of chemical (i.e. house cleaning agents, herbicides or pesticides, etc.), use natural skin care products, don't put chemical products on your skin or scalp like hair dye [For more information about decreasing exposure to toxins go to <https://positivepatterns4life.com/thrive> and click on the *Detox Your Body* link which will take you to the *Detox Your Body* page.]
- ❑ Take actions to help your body detox – sweat, use a sauna, stay hydrated, dry brush your skin, rebound, take a detox bath, try intermittent fasting [For more information about how to help your body detox go to <https://positivepatterns4life.com/thrive> and click on the *Detox Your Body* link which will take you to the *Detox Your Body* page.]
- ❑ Try some flexibility exercises like yoga – always listen to your body, stretches should not be painful [For more information about how to safely perform flexibility exercises go to <https://positivepatterns4life.com/thrive> and click on the *Get Moving* link which will take you to the *Get Moving* page.]
- ❑ Try some low impact aerobic exercise like walking, biking or swimming. Aerobic exercise naturally decreases inflammation in the body, natural painkillers are produced during aerobic exercise, and it helps to keep joints more mobile [For more information about aerobic exercise go to <https://positivepatterns4life.com/thrive> and click on the *Get Moving* link which will take you to the *Get Moving* page.]
- ❑ Get adequate quality sleep – sleep is a time for repair and rejuvenation of the body [For more information go to <https://positivepatterns4life.com/thrive> and click on the *Get Quality Sleep* link which will take you to the *Get Quality Sleep* page.]

## HELP WITH CHANGING HEALTH HABITS

Changing health habits can be challenging. *Positive Patterns for Life* offers a variety of methods, skills and tools to help support you during your habit change journey. One of the most helpful tools found on the website is the *Positive Patterns for Life Goals Chart*. It has blank spaces for you to write in your new habits that you want to work on adopting. It has instructions to guide you on how to best use the goals chart and encouraging quotes to help you stay motivated during your health improvement journey. Make sure to check out all the resources in the *Changing Health Habits* section at the bottom of the THRIVE page at <https://positivepatterns4life.com/thrive>.

If you don't find the help you need in the *Changing Health Habits* section, schedule an appointment with a Lifestyle & Nutrition Consultant by using the "Contact Us."

## REFERENCES

1. Murry, Michael, Pizzorno, Joseph. (2012) *The Encyclopedia of Natural Medicine*. (Third Edition). New York, NY: Atria Paperback.
2. Rakel, David. (2013) *Integrative Medicine*. (Fourth Edition). Philadelphia, PA: Elsevier.
3. Murry, Michael, Pizzorno, Joseph. (2005) *The Encyclopedia of Healing Foods*. New York, NY: Atria Paperback.