

## **OSTEOARTHRITIS INFORMATION SHEET**

Women twice as likely to be affected

Tends to affect large weight bearing joints hips knees but joints of hands, feet, shoulders, neck and upper back may also be affected.

Linked with aging so not curable/ preventable but onset and severity can be positively affected by diet and supplementation.

### **WHAT IS IT ?**

Wear and tear (cartilage that covers the bones lose flexibility and elasticity, become more brittle, shrink, crack, calcify and become less able to regenerate and heal after injury) ---→. Inflammation of joint cartilage, bones and surrounding tissues --→ pain, creaking and misshapen joints, restricted movement.

Bone around affected joints thicken and bony growths (osteophytes) form causing the characteristic deformities of joints.

Synovial tissue lining joint capsule may become inflamed and fluid may accumulate causing swelling.

Debilitating pain on movement, getting up to walk, change position

Usually > rest and doesn't usually disturb sleep

Rate of development varies

Can degenerate into chronic condition with flare-ups, often seasonal, spring, autumn with swollen painful joints.

### **CONTRIBUTING FACTORS**

- Being overweight because of extra weight and stress on joints
- Heredity because poor cartilage can be inherited so onset likely to be earlier
- Repetitive manual labour
- Strenuous athletic activity

### **TREATMENT OPTIONS**

Focus on relieving pain and inflammation, reducing toxins which can accumulate in joints and maintaining mobility

### **PHYSICAL MEASURES**

- Rest diminishes pain and allows cartilage to regenerate
- Heat ( warm water, heat packs, warm climate)
- Moderate physical activity nourishes cartilage
- Watch weight
- Wear shoes with rubber heels for support and use walking stick if hips or knees very painful.
- Exercise which strengthens the muscles around the joints eg swimming
- DRINK LOTS OF WATER

## **DIET**

Its important to minimise acid forming foods such as meat, dairy and grains.

Eliminate dairy products from diet temporarily during flare-ups

Limit red meat to no more than 2 meals a week

Avoid :

- smoked or cured meats
- Citrus fruits ( except lemon juice which has alkalising effect in the body)  
strawberries, rhubarb, tomatoes, red meat and cheese
- Tomatoes, peppers, potatoes, aubergines ( solanaceae family )  
Solanine found in these foods may be involved in processes that cause OA so  
elimination can bring relief to app 50% . 6mths to see effect.

Diet rich in essential fatty acids possibly supplemented by fish oils, evening primrose  
oil

Eat oily fish 3x wk

## **IMPORTANCE OF AN ALKALINE BODY.**

Eat foods which alkalise body i.e most fruit and vegetables.

Juice of a lemon in warm water taken first thing in the morning ( add a little honey to  
sweeten if needed ) will alkalise the body and cleanse the liver. ( USE A STRAW  
TO DRINK TO AVOID ACID DAMAGE TO TEETH ENAMEL ). See also ACV  
below for alkalising.

Toxins normally dealt with by the liver will be sent to the joints leading to  
inflammation and joint problems like osteoarthritis and gout, so supporting the liver is  
an essential part of dealing with any joint issues.

### **Trace elements which are important :**

Cobalt and manganese for arthritic pain

Fluorine, sulphur

Dietary sources of cobalt:

Shellfish, meats, mushrooms, white cabbage, onions, radishes

Fluorine

Seaweed, cereals, asparagus,

Sulphur

Eggs, fish, garlic, onions, dried beans

Manganese

Cereals, vegetables, dried fruit, almonds, soya beans, fish, shellfish

### **B Vitamins**

Wholegrain cereals rice and pasta, wheatgerm, brewers yeast, meat, fish, seafood,  
asparagus, mushrooms, brussels sprouts, spinach, lentils

Carrots, celery, cabbage, spinach, radishes, tomatoes, endive, lettuce, watercress,  
saltwater fish, cherries

## **ACUPUNCTURE**

Research shows this to be effective for acute arthritic pain

## **HERBS AND SUPPLEMENTS**

The following are all natural anti-inflammatories :

Curcumin 400gm 3 x daily

Ginger 1-2 gm 3 x day ; make a tea from the fresh root

Chinese skullcap ( scutellaria ) 2-4 gm 3 x daily

New zealand green lipped mussel 350 mg 3 x day ; anti inflammatory but also repairs collagen part of cartilage

Rosehip

Fish oils

### **Glucosamine and Chondroitin**

Glucosamine essential constituent of cartilage. Clinical studies show supplements effective in reducing inflammation and pain. Some studies also show it may slow progress of disease. As effective as ibuprofen without the side effects of NSAID

Glucosamine sulphate 500mg 3x day

Chondroitin sulphate, 400mg 3 x day seems to work by attracting fluid to area improving spongy, shock absorbing qualities of cartilage and bringing nutrients.

Can be taken together

Niacinamide ( form of Vit B3)

can improve joint flexibility and reduce inflammation

### **Apple Cider Vinegar Treatment for Joint Pain**

ACV can target joint pain in a number of ways—by dissolving joint deposits, improving lubrication of the joints, reducing swelling/inflammation, and generally by aiding in nutrition. Mix 2 teaspoons of apple cider vinegar in 16 ounces of water that you'll sip throughout the day. You will be keeping your pH in a constant, alkalized state by sipping this highly diluted dosage. Usually 1-2 tall glasses of the concoction are all you'll need each day

Susan Terry, Registered Homeopath