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May is National Arthritis Month and There is Healthy Help for Arthritis

Atlanta, GA – Arthritis has been forecast the “coming epidemic.” As the leading cause of disability among American adults, arthritis limits activity for 19 million of the 46 million U.S. adults with the disease – 30% of the arthritis population experience work limitations. By 2030, the arthritis population will increase nearly 40 percent to 67 million. **In fact, 26 percent of adults in Georgia currently have arthritis, and that number will increase 50% by 2030.** Aging boomers will comprise at least half of the arthritic population.

Research shows foods may be able to play a role in reducing pain and inflammation associated with arthritis. This is good news for consumers who continue to seek more natural solutions to managing and preventing age-related conditions.

In honor of National Arthritis Month (May), I am available for an in-studio segment to speak about food solutions to manage, alleviate, and possibly prevent inflammatory symptoms. As a leading sports nutritionist, I work with active individuals, and an increasing number of baby-boomers want to stay active longer. The more they know about the dietary measures that can help them stay on the go, the better they can address their needs in a healthful way and avoid other remedies that may have negative side effects.

Foods that suppress the body’s production of inflammatory compounds, fight free radicals and boost the immune system are key to managing inflammation associated with arthritis. These include the following:

- **Tart Cherries:** Recognized as “America’s Super Fruit,” cherries (the variety sold year-round as dried, frozen and juice) have been shown to **help reduce inflammation and pain associated with arthritis.** Scientists believe it’s the anthocyanins – also responsible for cherries’ vibrant red color – that are responsible for this anti-inflammatory benefit. Cherries’ unique antioxidant profile also works similar to some types of pain medication. In fact, arthritis sufferers have sworn by cherry juice as a remedy for years.
- **Spinach:** Spinach is rich in inflammation-fighting carotenoids, as well as immune-boosting vitamin E. Other green leafies that are great for immunity are kale, chard, turnip greens and mustard greens.
- **Green tea:** This mild, slightly astringent tea contains hundreds of powerful antioxidant chemicals called polyphenols and has been cited for helping prevent problems ranging from cancer to heart disease. But studies also suggest green tea may help prevent or ease symptoms of rheumatoid arthritis. In one study of induced arthritis in mice, green tea cut the disease onset rate almost in half, and follow-up studies by the same researchers, at Case Western Reserve University, in Ohio, show promise in humans.

- **Sweet potatoes:** These tropical root vegetables (which, technically, not related to white baking potatoes) are such a nutritional powerhouse, they once topped a list of vegetables ranked according to nutritional value by the Center for Science in the Public Interest. Sweet potatoes are a rich source of vitamin C, folate, vitamin B₆, and dietary fiber, among other nutrients.

Contact me today, and I can also provide additional materials about tart cherries, including a **new study by University of Michigan** researchers which reveals that a cherry-enriched diet reduced inflammation markers in animals by up to 50 percent.

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