

JointHealth101

Foods and Supplements for Healthy Joints

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Complete
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Healthcare

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Introduction

- ✓ Native of Long Island, NY
- ✓ 1995 Draft → Kansas City Royals
- ✓ Penn State Univ. 1995-1999
- ✓ Doctor of Chiropractic – NUHS 2004
- ✓ Certified Strength and Conditioning Specialist
- ✓ Certified Coach - National Pitching Association
- ✓ ASMI Baseball Injuries Conference
- ✓ Nutrition abstract Writer – NOW Foods



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Be Ready....

You WILL be called upon to answer questions.
There is NO hiding....



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Before We Get to Arthritis

- ✓ This just in regarding inflammation (4/12, 4/19/11):



Link Between Inflammation and Pancreatic Cancer Discovered



How Inflammation Can Lead to Cancer

Were YOU at the "Inflammation101" Presentation!?!?



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Why this presentation?

- ✓ With a desire to maintain an active lifestyle as we age and another desire to avoid knee/hip/shoulder surgery:

How can I preserve the health of my joints?



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Presentation Outline

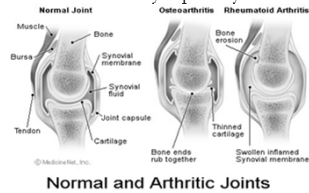
- ✓ What is arthritis?
- ✓ Foods that cause arthritis
- ✓ Foods that fight arthritis



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What Is Arthritis?

- ✓ “Arthro-” = Joint / “-itis” = Inflammation
- ✓ Osteoarthritis
 - ✓ #1 cause of disability → 1/2 of all adults > 65 years of age
 - ✓ \$86 billion in healthcare costs
- ✓ Rheumatoid Arthritis
 - ✓ Autoimmune Disease = Body explicitly attacks itself



Foods That Cause Arthritis (Look familiar?)

- ✓ Inflammation presentation
 - ✓ Sugar
 - ✓ Acid in the body → Inflammation → Arthritis
 - ✓ Vegetables Oils
 - ✓ Omega-__ fatty acids → Inflammation → Arthritis
- ✓ Splenda¹
- ✓ Gluten
 - ✓ Inflammatory protein in wheat
- ✓ Grain-fed beef / eggs
 - ✓ Omega-__ fatty acids
 - ✓ “Free Range” vs “Cage Free” vs “Vegetarian Fed”



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Foods that Fight Arthritis

- ✓ See inflammation presentation foods/supplements
 - ✓ Vitamin B6 / B12/Folic Acid
 - ✓ Homocysteine
 - ✓ Vitamin K
 - ✓ Garlic (Allicin)
 - ✓ Glucosamine (1500 mg/d)
 - ✓ Fish Oil (4,000 mg/d)
 - ✓ Decrease triglycerides by 30%
 - ✓ Pomegranate Extract (25 mg/L)
 - ✓ Interleukin-1b
 - ✓ Grass-fed beef / Free-range eggs



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Additional Supplements for Arthritis

- ✓ Curcumin (200 mg/day²)
 - ✓ 56% ↓ pain / 57% ↓ stiffness / 60% ↑ physical function
- ✓ Vitamin D³
 - ✓ Significant assoc between Vit D def (< 20 ng/mL) and Rheumatoid Arthritis in women
- ✓ Pycnogenol (150 mg/day³)
 - ✓ 43% ↓ pain, 35% ↓ stiffness, 52% ↑ physical function
- ✓ Bromelain (680 mg/day in 150-pound person⁵)
 - ✓ Decreased levels of a protein called Substance P by 33%

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Garlic May Help with Hip Joint Health

By Greg Arnold, DC, CSCS, December 30, 2010, abstracted from "Dietary garlic and hip osteoarthritis: evidence of a protective effect and putative mechanism of action" in the December 8, 2010 issue of BMC Musculoskeletal Disorders



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Vitamin D Deficiency Linked to Joint Health in Women Pycnogenol Shows Joint Health Benefits

Study Finds Curcumin Beneficial for Joint Health

By Greg Arnold, DC, CSCS, January 23, 2011, abstracted from "Efficacy and Safety of Meriva®, a Curcumin-phosphatidylcholine Complex, during Extended Administration in Osteoarthritis Patients" in Alternative Medicine Reviews



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Pomegranate: The Anti-Arthritis Fruit Glucosamine with Walking Improves Joint Health

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Acupuncture / Chiropractic

Phys Ther, 2011 Mar 17. [Epub ahead of print]

Cost-Effectiveness of Acupuncture Care as an Adjunct to Exercise-Based Physical Therapy for Osteoarthritis of the Knee.

Whitehurst DG, Bryan S, Hay EM, Thomas E, Young J, Foster NE.

CONCLUSIONS: /b> A package of AE+TA delivered by NHS physical therapists provided a cost-effective use of health care resources despite an associated increase in costs. However, the economic benefits could not be attributed to the penetrating nature of conventional acupuncture; therefore, further research regarding the mechanisms of acupuncture is needed. An analysis of alternative cost perspectives suggested that the results are generalizable to other health care settings.

J Manipulative Physiol Ther, 2010 Jul-Aug;33(6):474-9.

Chiropractic management of the kinetic chain for the treatment of hip osteoarthritis: an Australian case series.

de Luca K, Pollard H, Brantingham J, Globe G, Cassa T.

Private Practice, 32 Elizabeth St, Parramatta NSW 2150, Australia. katie_hardy@hotmail.com

CONCLUSIONS: Four patients diagnosed with hip osteoarthritis had decreases in WOMAC scores and increases in hip range of motion after chiropractic management. Further research in the form of large scale randomized controlled trials is needed to investigate the effectiveness and clinical significance of chiropractic management for hip osteoarthritis.

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References

1. http://www.splendaexposed.com/articles/2006/01/splenda_cas_e_hi_1.html
2. <http://www.nowfoods.com/BasicArticles/081643>
3. <http://www.nowfoods.com/HealthLibrary/HealthArticles/HealthNotes/079546.htm?cat=>
4. <http://www.nowfoods.com/HealthLibrary/HealthArticles/HealthNotes/M101090.htm?cat=Joint%20Support%20Products>
5. <http://www.nowfoods.com/M041646.htm?cat=Joint%20Support%20Products>

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Thank you!

- ✓ Please email me at PitchingDoc@msn.com if you have questions
- ✓ 2 final thoughts:

“The difference between history’s most staggering failures and its greatest accomplishments is often, simply, the diligent will to persevere.”

-Abraham Lincoln

“Instead of the principle of maximize human happiness, I prefer the principle of minimizing the suffering in the world.”

-Linus Pauling

2-time Nobel Prize winner

Best of luck to you

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