



## What to Eat to Beat Knee Pain

### Simple diet changes can help chase away knee pain...

If you are looking for a natural way to relieve knee pain, you just need to tweak your diet. A number of foods have powerful anti-inflammatory and pain-relieving properties that may be as effective as some prescription medicines for inflammation, arthritis and other types of knee pain.

#### Diet and Knee Pain: Go Fish

The omega-3 fatty acids found in fish are natural anti-inflammatories. Calming joint inflammation can often help ease knee soreness, according to Steven Stuchin, MD, director of orthopedic surgery at NYU Hospital for Joint Diseases in New York City. In randomized clinical studies, omega-3 fatty acids were found to ease pain and reduce the duration of morning stiffness in people with rheumatoid arthritis. The best sources of omega-3s are salmon, tuna, sardines, herring, cod, and mackerel, as well as fish oil supplements.

#### Diet and Knee Pain: Eat Oranges

A 10-year Australian study found that those getting high amounts of vitamin C were less likely to suffer the kind of bone degeneration associated with knee osteoarthritis. Good sources of vitamin C to prevent knee pain are green peppers, oranges, grapefruit, and strawberries.

#### Diet and Knee Pain: Eat Spinach and Onions

Follow Popeye's lead and add spinach to your regime. Australian researchers found that getting high amounts of the antioxidants found in green veggies like spinach can help relieve knee pain caused by osteoarthritis. They can also help prevent vision-related diseases.

Don't forget to add some onions to your spinach salad as well. Adding onions to salads, sandwiches, stews, and casseroles may help put the brakes on knee pain. Onions are a rich source of quercetin, a flavonoid with strong anti-inflammatory properties. Apples, red grapes, and tea are also good sources of quercetin.



### **Diet and Knee Pain: Order Indian Food**

A helping of curry could also do wonders for your knee pain. That's because turmeric, a spice used in curry and other Indian dishes, contains curcumin, a powerful anti-inflammatory. Curcumin works similarly to COX-2 inhibitors — drugs that reduce the COX-2 enzyme that causes the pain and swelling of arthritis. Quercetin (the flavonoid in onions) worked too, but not to the extent of the curcumin.

### **Diet and Knee Pain: Use Ginger Generously**

The herb ginger traditionally has been used to relieve upset stomach, but researchers recently discovered that it also reduces knee pain by decreasing inflammation. In a study of 261 patients with moderate to severe knee pain due to osteoarthritis, ginger extract significantly reduced knee pain during standing and walking. Cooking with this spice can increase the flavor of meals while decreasing knee pain.

### **Diet and Knee Pain: Avoid Refined Carbohydrates**

Some research suggests that diets high in refined carbohydrates can increase inflammation. Steer clear of white bread, pasta, and baked goods — taking these foods out of your diet can have an added bonus of helping you drop excess pounds.

Because changing your diet is a relatively easy step, it makes sense to try some — or all — of the foods listed above. You may find some relief from knee pain and get some added health benefits to boot.