

ARTHRITIS CONTROL

All forms of Arthritis such as rheumatoid, osteo or gout can be improved through a change in diet.

Rheumatoid arthritis principally affects the synovial membrane lining the sockets of the joints which become inflamed. There is muscular stiffness, pain and swelling of the joints.

Osteoarthritis is degeneration of the cartilage in the joints with formation of bony outgrowths at edges of the joints. The prevention and correction of obesity, which hastens problems in load-bearing joints (hips & knees) is a valuable aid in managing the disease.

Gout is a common form of arthritis where there is a raised blood level of uric acid. It affects the joints of the big toe as well as the kidney, bone and tendons.

Regular moderate exercise is essential for reducing pain and retarding joint deterioration. Exercise strengthens surrounding bones, muscles and ligaments. Walking daily in sunshine is recommended as this provides Vitamin D which is necessary for calcium absorption. Avoid weight bearing or impact exercise.

DIETARY SUGGESTIONS

- To restore cartilage tissue eat shark fin soup, mussels, tripe, oats, pigs trotters, okra.
- Increase consumption of whole grain cereals, almonds, apple, green leafy vegetables, fish, blueberries, cherries, grapes for improvement in bones, cartilage & connective tissue.

- Consume foods containing the amino acids, histine such as rice, wheat & rye. Histine removes excess metal from the body.
- Use FRESH pineapple as it contains BROMELAIN, an enzyme, which helps to reduce inflammation.
- Eat plenty of green salads, including alfalfa for bone formation.
- Consume high iron food such as fish, lentils, beans, pulses, broccoli, brussel sprouts, cauliflower, molasses but not red meat or iron supplements.
- Avoid butter, margarine & fatty foods such as red meat, cow's milk & dairy products. Use soya based products.
- Avoid the *night shade* foods such as potato, eggplant, tomato, chilli, capsicum as these aggravate the condition.
- Avoid high stress foods such as; caffeine, citrus fruits, paprika, salt, sugar and tobacco.
- Eat some cold water fish everyday such as tuna, salmon, or mackerel.
- Use anti-inflammatory herbs daily such as tumeric, mustard, ginger, feverfew to reduce muscular joint pain.
- Improve bowel flora by using acidophilus fibre.
- Avoid nutritional patterns that decrease immunity such as smoking, highly processed foods, alcohol, tea, coffee.
- Check for food sensitivities such as wheat, cows milk, dairy products, eggs, potato, shell fish, citrus fruits.
- Reduce weight if necessary.
- Drink at least 6 glasses of water daily.
- Participate in regular moderate exercise such as cycling, walking and water exercise.

For more information regarding arthritis contact the Arthritis Foundation in your state.

ARTHRITIS



Freedom Foods

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PRODUCTS

- ♥ Less than 3% fat, no saturated fat
- Gluten Free, Wheat Free
- No Added Sugar
- ◆ Low Salt (less than 120 mg/100g)
- Low GI

Fruit Cookies – 97% Fat Free

- ♥■○ Apricot Temptation (GI – 47)
- ♥■○ Spicy Apple Sensation (GI – 47)
- ♥■○ Blueberry Bliss (GI – 47)
- ♥■○ Zest Ginger (GI – 47)
- ♥■○ Sticky Date (GI – 47)

All Fruit Cookies contain 72mg of sodium per 25g serve and 290mg of sodium per 100g

Slices/Bars

- ◆● Omega Bar (GI – 21)
- ♥○● Strawberry Slice Multipack – Medium GI (58)
- Choc Chip Slice Multipack
- Nutritional Snack Bars:
- ◆●■ Yoghurt Coated Almond & Apricot (GI – 52)
- ◆●■ Almond & Apricot (GI – 54)
- ◆●■ Simply Nuts (GI – 39)
- ◆● Macadamia & Pineapple Medium GI (56)

Snacks

- ♥◆● Baked Corn Chips - Plain
- Fried Corn Chips ◆●○ Plain
- ◆● Cheese

Confectionery

Fruit strips enriched with a vitamin and mineral blend

- ♥■◆●○ Apricot & Apple (GI – 29)
- ♥■◆●○ Peach & Pear (GI – 29)
- ♥■◆●○ Plum & Apple (GI – 29)

Fruit Spreads

- ♥■◆●○ Apricot (GI – 29)
- ♥■◆●○ Raspberry (GI – 26)
- ♥■◆●○ Strawberry (GI – 29)
- ♥■◆●○ Marmalade (GI – 27)

Spreads

- ♥● Vege Spread
- Soy Butter

Breakfast Cereals

- ♥■◆○ Hi-Lite Cereal with Wholegrain - enriched with vitamin C, iron & folate (GI – 54)
- ♥◆●○ Rice Flakes with Psyllium
- ♥◆● Rice Puffs with Psyllium
- ♥◆● Corn Flakes with Psyllium
- ♥○● Ultra Rice with Psyllium -(184mg sodium per 100g/92mg sodium per 50gserve)
- ◆●○ Muesli - Gluten Free, Wheat Free (GI - 50)
- ◆● Muesli - Yeast Free, Wheat Free (GI – 44)
- ◆● Quick Oats Porridge, Wheat Free (GI – 50)

Breakfast Bars

- ♥■◆○ Hi-Lite Breakfast Bar (GI – 53)
- ◆○ Super Berry Breakfast Bar - Medium GI (57), - only 4% fat
- ◆●○ Muesli Breakfast Bar (GI – 50)

Pastas

Enriched with a vitamin & mineral blend with added fibre.

- ♥■◆●○ Enriched Spaghetti (GI – 51)
- ♥■◆●○ Enriched Rice Pasta (GI – 51)

Sauces

- ♥◆●○ Tomato Pasta Sauce

Bakery

- ◆♥●○ All-Purpose Flour
- ♥● Pancake Mix – Medium GI (61)
- ♥■● Corn Fritter Mix (GI – 34)
- Custard Mix

Beverages

- Organic Grape Juices
- ♥◆●○ Black Muscatel
- ♥◆●○ Shiraz
- ♥◆●○ White Muscatel

Cookbook (RRP \$24.95)

NEW GLUTEN FREE PRODUCTS AVAILABLE SOON:

- Wraps
- Frozen Foods - Pizzas (Supreme, Hawaiian)
- Shepherd's Pie
- Crumbed Fish Fillets
- Crumbed Chicken Fillets
- Apple Crumble
- Sticky Date Pudding
- Donuts

Low Allergenic Personal Care Products

- Natural shampoo & conditioner
- Crystal deodorant stick
- Crystal deodorant spray
- Crystal roll-on
- Fragrant free aluminium free roll-on deodorant
- Fragrant free body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of the carbohydrate according to their effect on glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology.

Low GI ≤ 55

Medium GI = 56 – 69

High GI ≥ 70

The Freedom Foods Cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes the management of arthritis easier. Visit Freedom Foods website: www.freedomfoods.com.au or free-call 1800 646 231 for further information.