
Bad Foods for Arthritic Patients

Eating the following foods can have an adverse effects for arthritic patients. These plants are all part of the drug family of nightshades (solanaceae).



POTATO



TOMATO



EGGPLANT



TOBACCO



PEPPERS (except black pepper)

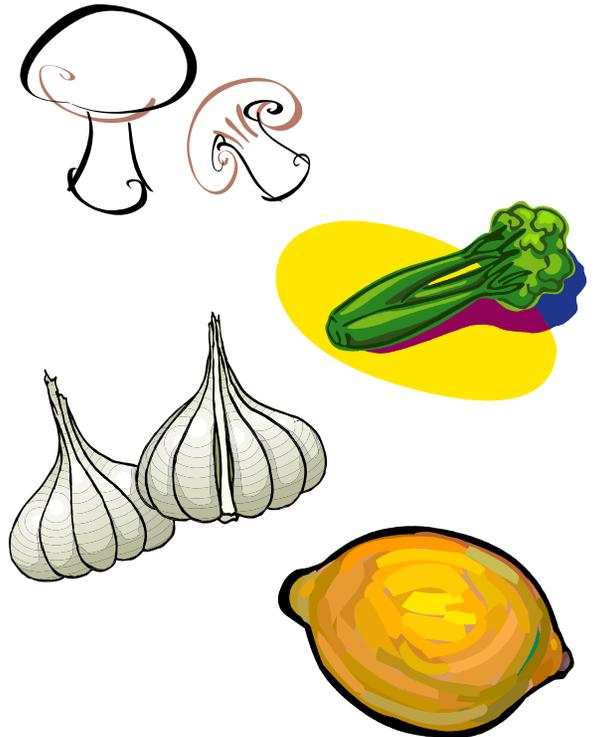
Too much of these foods can cause a build up of cholinesterase which does not allow for the consumption of steroids and glycoalkaloids. Plus, the use of tobacco, caffeine and even some pesticides can cause inflammation, muscle spasms, pain and stiffness.

Osteoarthritis appears to be the result of long-term consumption/use of solanaceae, which contains the active metabolite vitamin D3. Omission of solanaceae and other minor diet adjustments has shown improvements in arthritis symptoms and general health.



Advanced Acupuncture & Chinese Herbal Clinic

FOODS, SPICES
AND HERBS
THAT HEAL



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Behold the power of Food...



 **BROCCOLI:** This much-maligned vegetable has a neutral essence and enters the Heart & Large Intestine meridians. It benefits the Heart & Liver; specifically, it can decrease internal heat in these two organs.

 **CAULIFLOWER:** Cauliflower also has a neutral essence. It travels to the Large Intestine and Kidney meridians. It helps Gallbladder infection, is good for constipation, and can increase Kidney energy.

 **CELERY:** With a warm essence, celery enters the Spleen and Stomach meridians. It increases Stomach Qi, promotes sleep and is very useful for high blood pressure and diabetes. It can also relieve joint pain.

 **EGGPLANT:** Neutral in essence, eggplant goes to the Liver, Large Intestine and Urinary Bladder meridians. It helps balance Liver function, relieves coughs and can help with high cholesterol issues.

 **GARLIC:** Garlic has a warm essence and it travels to the Stomach and Large Intestine meridians. Including garlic in the diet can also benefit the Liver. It relieves food poisoning and is good for general body pain.

 **GINGER:** Traveling to the Stomach, Heart and Lung meridians, ginger, a spice closely associated with Asian cooking, has a warm essence. It greatly benefits the digestive organs, especially the Stomach. It is useful to relieve internal cold conditions and can warm the Lung. Ginger also helps Liver Qi to flow smoothly.

 **LEMON:** With its warm essence, lemon enters the Large Intestine and Kidney meridians. Powerful as a diuretic, this fruit relieves edema and can help increase Kidney energy.

 **MUSHROOMS:** Whether it's Portobello, snowcap or shitake, most mushrooms have a neutral essence, Mushrooms enter the Stomach, Spleen and Urinary Bladder meridians and are used to help build the immune

system. They are also helpful in cancer prevention.

 **PEANUTS:** Peanuts have a warm essence and go to the Stomach, Spleen, Kidney and Large Intestine meridians. They also help to strengthen Lung function and can increase T cells.

 **PEARS:** Pears have a cold essence and enter the Lung and Large Intestine meridians. They are very useful for Lung conditions, relieving heat in this organ.

 **WALNUTS:** Warm in essence, walnuts travel to the Kidney, Lung and Large Intestine meridians. They are excellent for strengthening the Kidney and can help constipation.

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