

THE 10 COMMANDMENTS FOR JOINT HEALTH



ACTIVE REMEDY

It is true that as we age the body's ability to restore the connective tissues and joints decreases. Especially when it comes to collagen production. But there are lifestyle choices we can make to slow this process to keep our joints healthy for decades.

Joint health must be seen in a holistic context and can not be isolated from other health aspects. That means that the same healthy choices you make to keep your general health and strength will apply also to your joint health.

These are our ten commandments of healthy joints.

DON'T EAT PROCESSED FOODS

The standard American diet (or SAD diet) is highly inflammatory. A chronic state of inflammation can negatively affect the joints and connective tissues. That results in pain, swelling, and discomfort.

These are some the foods that cause inflammation and you better avoid:

- Sugar
- Industrialized vegetable oils - corn, sunflower, soybean, canola, cottonseed, peanut, sesame, and rice barn.
- Caffeine
- Refined carbohydrates - white bread, pastries, cookies, cereals, and any other packaged white flour products.
- Gluten - Gluten can be highly inflammatory to the joints. If you have any chronic joint pain it is probably better if you avoid gluten. If you know you have a sensitivity to gluten then it goes without saying.

EAT ANTI-INFLAMMATORY FOODS

Keeping inflammation in check is central to your joint health. Together with avoiding anti-inflammatory foods you can incorporate anti-inflammatory foods into your diet. Here are some examples:

- Fatty fish like salmon and sardines are rich Omega3, especially EPA that is highly supportive of the joints.
- Olive oil
- Ginger
- Turmeric
- Dark leafy greens: kale, broccoli, Swiss chard, collard greens

Also, see our eBook “The Nutrient-Dense Diet” for more in-depth information about the diet that will keep your joints healthy.

MOVE

The most basic principle in keeping your joints healthy is to move and activate them. This is what they are designed to do.

WORK ON YOUR MOBILITY AND FLEXIBILITY

working on your mobility and flexibility to improve your joint range of motion. As the saying goes - “motion is lotion” - it is indeed like an oil change to your joints.

LIFT WEIGHTS

Lifting weights or doing any other kind of resistance training strengthens the muscles around the joints and improves their overall functioning. Be mindful when you’re doing this kind of activities. Proper form is crucial when doing weighted exercise.

EAT BONE BROTH

When it comes to supporting your joints, bone broth is a true superfood. Bone broth has collagen which is the building block of your joints and has a unique profile of amino acids and minerals that are highly supportive of your joints and overall health.

EAT NOSE-TO-TAIL

Eating nose-to-tail means eating all the parts of the animal that we usually ignore in our modern Western diet. Like bone broth, these parts are rich in cartilage and collagen and are very supportive of the joints. Some examples are:

- Organ meats

- Skin
- Cartilage
- Bones (bone broth)
- Tendons
- Bone marrow

DON'T SMOKE

Smoking negatively affects any tissue in your body including your musculoskeletal tissues. Stopping smoking can reverse these damages.

LOSE WEIGHT

Being overweight can put tremendous pressure on the joints and create a lot of wear-and-tear, especially on the knee joints. Keeping your weight in check can prevent that.

BE IN THE SUN

Vitamin D deficiency can cause joint problems. The best way to keep appropriate vitamin D levels in the body is to expose your skin to the sun. 20-30 minutes of natural sunlight a day can give you all the vitamin D you need. If you can't get outside or you live in a place without sufficient sunlight you can eat foods that are rich in vitamin D like:

- Sardines and salmon
- Egg yolks
- Mushrooms

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