

Health Experts Identify Best Foods to Fight Swelling and Pain of Arthritis

Portland, OR -- (ReleaseWire) -- 01/20/2015 -- Arthritis is a debilitating condition that is continually affecting millions of people around the world. Many arthritis patients are resorting to a wide variety of treatment options, such as prescription drugs, just to achieve pain relief. However, researches are now searching for ways to achieve relief through natural sources.

Health experts have previously identified the best food options to fight swelling and pain in arthritis patients. Albeit using drugs may be beneficial for sufferers, health professionals still believe that eating the best food to fight the condition is one of the secrets in achieving significant pain relief and improved mobility.

The European Journal of Nutrition published a study that listed suggested food options that contain high levels of antioxidants and may be very helpful for arthritis sufferers. These food options included onions, red sweet potatoes, and oyster mushrooms. All are believed to have high antioxidant substances that can offer anti-inflammatory benefits.

"Eating healthy has always been known to significantly help improve overall health and certain medical conditions. It is not a surprise that health experts recommended increased consumption of fruits and vegetables," said VitaBreeze Supplements spokesperson, Michelle O'Sullivan.

The Arthritis Foundation recommends that people who want to manage their condition or reduce their risk of arthritis should consume at least four to five servings of vegetables per day. They should choose an array of vegetables with different colors to help fight inflammation.

Anti-inflammatory spices are also recommended by experts. According to them, spices such as turmeric should be consumed by arthritis patients, as they are thought to increase anti-inflammatory action in the body.

Turmeric is a very popular spice and has been used for thousands of years for medicinal purposes. Individuals can incorporate turmeric in their diet by using it in cooking dishes or making beverages. They can also use curcumin supplements in order to take full advantage of the spice's therapeutic benefits.

Curcumin is the active ingredient of turmeric and is believed to be the source of the spice's therapeutic benefits. Those who want to take advantage of the natural healing properties of turmeric may use curcumin. Experts recommend combining a black pepper extract with curcumin, as it is believed to be very helpful in improving the body's capacity to absorb nutrients