



Nutrition for joint health - healthy and dangerous foods, recommendations

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Abstract. Joints are movable bone joints covered with a joint capsule, inside of which there is synovial (lubricating) fluid. The joints are located where obvious movement occurs: flexion and extension, abduction and adduction, rotation.

Joints are divided into simple (consisting of two bones) and complex (combining three or more bones). Around them are located periarticular tissues: muscles, ligaments, tendons, vessels and nerves, which are responsible for the normal functioning of the joint.

Any negative impact on adjacent tissues is immediately reflected in the functioning of the joint.

Key words: joints, description, healthy products, dangerous products, recommendations, folk remedies

This is interesting:

- Scientists have calculated that during a lifetime, finger joints contract an average of 25 million times!

The healthiest foods for joints

1. Lean red **meat** , **tongue** , **eggs** . These foods are rich in iron [1] , which helps remove excess **phosphorus** [2] .
2. Green **vegetables** , **apricots** [3] , **raisins** , **dates** [4] , **prunes** , **bran** , buckwheat **honey** [5] . These foods are rich in **magnesium** [6], an element responsible for the health of the nerves that serve the joints.
3. Ice cream. Only cream and milk ice cream are allowed. Contains healthy fats [7] and **calcium** [8] .
4. **Fish** and **seafood** . Contain organic (useful) **phosphorus** , which is necessary for joints.
5. **Milk** , **cottage cheese** [9] and cheese. These foods are rich in organic **calcium** , which, unlike inorganic, does not have the habit of being deposited in the form of stones, but is used to strengthen bones and maintain electrolytic balance in the body's cells. (Do not combine with **products containing oxalic acid** : **sorrel** [10] , **rhubarb** , **spinach** [11]).

6. **Seaweed** , cartilage, and everything from which aspic and jellied meat are made. These products are rich in mucopolysaccharides, which ensure normal joint function, since they are similar to synovial fluid.
7. **Gelatin** . Like previous products, it has a gelling effect. But in addition to salty dishes, it can also be added to all kinds of juices, resulting in a magnificent jelly.
8. Fish liver, **butter** [12] , **egg yolk** [13] . They contain **vitamin D** [14] , which is responsible for the preservation of calcium in bones.
9. **Herring** , **olive oil** . A source of vitamin F [15] , which has an anti-inflammatory effect on joints.
10. Citrus fruits, **rose hips** [16] , **currants** [17] . A reliable source of **vitamin C** [18] , which is responsible for nourishing joints.

General recommendations

- In order to keep your joints healthy, you need to avoid **pickled** vegetables. It's better to just **ferment** them .
- Cook food in enamel dishes to preserve vitamins.
- Fruits and berries for winter use should either be dried or **frozen** . In this case, all vitamins will be preserved.
- When cooking vegetables and fruits, reduce the cooking time to preserve vitamins. [19 – section “cooking methods” or method of preparation »]

Products harmful to joints

- Products that contain inorganic phosphates. The leaders among them are: carbonated drinks, bread made from premium flour, leavening agents added to bread and pastries, crab sticks, processed cheese, ice cream (most types). The use of these products may bring closer the time when osteoporosis and stiffness will become constant companions in life, and rheumatologists, neurologists and orthopedists will become best friends.
- Marinated and smoked products. They contain many inorganic salts that irritate the joint capsule, causing inflammation and deformation of the joints.
- **Tea** , chocolate, **coffee** , fatty **pork** , **lentils** [20] , **liver** . Contain purines, which cause changes in the joint capsule. They are the main cause of **gout** .
- **Sorrel** , **spinach** , **radish** [21] . They contain a large amount of **oxalic acid** , which irritates the periarticular nerves and disrupts the nutrition of the joints.

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