


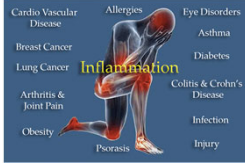
**ANTI-
INFLAMMATORY
NUTRITION**
**Osteoarthritis &
Injury**

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Other detriments of
inflammation in the body

*Unresolved low-grade chronic inflammation being a
pathological feature of a wide range of chronic
conditions including the metabolic syndrome and
cardiovascular diseases*



Topics covered today


- What is inflammation
- Causality of inflammation in the body
 - Implications for health
- Anti-inflammatory nutrition
 - Foods
 - Supplements
- How assisting with weightloss can improve outcomes



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On a cellular level

- Inflammatory process induces oxidative stress and reduces cellular antioxidant capacity

OXIDATION



What else causes inflammation?

- Toxins in the environment
- Being overweight
- Ageing
- Exercise
- Particular food and drink



Foods rich in ANTIOXIDANTS



Western diets vs. Plant based diets

- Diets high in **red meat** and **high fat dairy** have been directly correlated with increased inflammation
- Whereas diets rich in **fruits, vegetables, whole grains and nuts** have been associated with reductions in Inflammation

WHY?

Phytochemicals

- Chemicals that naturally protect plants
- When we eat them they can also protect us ☺



	Red	Yellow & Orange	Green	Purple	White
Names	Flavonoid, Lycopene	Beta-carotene	Folic Acid, Vitamin C, Catechins	Flavonoid, Anthocyanin	Isolflavone, Anthocyanins, Quercetin
Benefits	Rheumatism, Fights Heart Disease, Prevents Lifestyle Diseases	Antioxidant, Good for Skin	Fights Fatigue, Helps Blood	Aids Eyesight, Antioxidant	Antioxidant

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Did you know?


- Just four serves of legumes a week can reduce your inflammation by 40%?



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Did you know?

- Fatty tissue releases pro-inflammatory chemicals.
- The fatty tissue in joints increases cartilage deterioration
- **There is a dose response relationship between weight loss, pain & function in knee OA (thanks David Hunter!)**



Ginger


- Anti-inflammatory
- **In OA 1/4-1/2 tspn of ginger daily:**
reduced pain



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Fish Oil?

- If fish and seafood intake is low, potentially indicated
 - Remember ALA can be converted
- Recommended 2600mg/day → This can also be found in 150g of salmon
- More than 3000/day increases bleeding risk
- Mercury?
 - 450g per week of fish or seafood (not shark/swordfish/broadbill/marlin)
- Other benefits?

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