



Alternative HealthCare Solutions

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CLINICAL PEARL

Arthritis is the word . . . and it's spreading

There is a reason that an arthritis diagnosis is becoming more frequent. Actually there are several reasons — Some you can do something about and some you can't. And when I say YOU, I mean YOU the therapist.

For starters, Docs need to give a diagnosis in order to get reimbursed and since arthritis is a normal part of aging, it seems only natural that arthritis is a diagnosis that would be accurate. Therefore it's fast, easy and reimbursable to say, "It sounds like you have arthritis." And since it is easier to give a diagnosis than to put your hands on the patient and figure out what's really the matter, SHAZAM you've got arthritis!!!! Here's some pills. Then come back in a month and I'll give you pills to help with the problem the first set of pills gave you. It never ends . . . This is a big reason we see increased prevalence of Arthritis in our populations. But of course there are others.

Arthritis diagnosis increases with obesity and so does diabetes. Sugar in the blood is an inflammatory marker that destroys cartilage. So one way to help prevent and / or reverse arthritis might be to eat a low inflammatory diet and avoid / lower your carb intake along with other highly inflammatory foods. Makes sense right?? But who knows what those foods are?



So, do you talk with your patients about these foods? Most people (that includes doctors and therapists) haven't a clue as to which foods are inflammatory. Many don't even know they inverted the food pyramid years ago and that carbs are to be

minimized to lose weight and help avoid diabetes, obesity, cardiovascular disease and a host of related / preventable costly disorders.

And when they find out that these foods not only help to prevent / reverse arthritis as well as a host of other diseases, they are more enthusiastic than ever to make the right choices.

Here are a couple of sources that you can click on and reprint the lists:

[List of 63 Anti-Inflammatory Foods to Choose from for Natural Healing](#)

[56 Anti-Inflammatory Foods for a Healthier Body](#)

[Anti-Inflammatory Diet](#)

I give these out routinely and regularly to patients and they are usually very grateful to have someone educate them on what foods to avoid and what foods to enjoy.

If we don't give them the information, then who will? Their doctor? . . .

You're right, that is funny!

Do you have a question? Send an email to Tom@TomOcklerPT.com for a personal reply.