

Cut along the dotted line and hang on your refrigerator for a handy reminder.



# DOCTOR, WHAT SHOULD I EAT?



For people dealing with chronic pain, including those with Rheumatoid Arthritis and other conditions, making healthy choices may help reduce pain. Follow these simple guidelines from Uday Jani, MD, FACP to start on your path to feeling better.

**1 Eat Like a Mediterranean.** The Mediterranean diet, which Dr. Jani recommends, includes:

- + **OLIVE OIL**, in moderation
- + **LEAN PROTEINS** like fish and poultry
- + **PLANT-BASED FOODS** like beans, fresh fruits, and vegetables
- + **GARLIC**, which is known to ease toothaches, reduce aches and pains of arthritis, aid digestion, treat coughs, and prevent hypertension
- + **ONIONS**, a rich source of flavonoids, which inhibit inflammation in patients with osteoarthritis and rheumatoid arthritis.

**2 Consult Your Spice Cabinet.** Dr. Jani also talks about the importance of spices. Here are some that he recommends:

- + **TURMERIC** is recognized as a potent anti-inflammatory agent because of the spice's active ingredients, called curcuminoids. Stir turmeric into a cup of hot tea or warm milk, sprinkle it on roasted cauliflower, or use it in a variety of Indian dishes
- + **GINGER** reduces inflammation, lowers blood pressure, and is a digestive aid. Other uses include relief from arthritis or muscle soreness, menstrual pain, chest pain, lower back and stomach pain, upper respiratory tract infections, cough, and bronchitis.

**3 Essential Oils to Relieve Pain.** While studies on essential oils are not entirely conclusive, there are two oils that Dr. Jani recommends:



- + **CLOVE OIL**, commonly used as a dental pain reliever, may also be effective for treating dry socket when combined with a zinc oxide paste.
- + **PEPPERMINT OIL**, a most popular remedy for alleviating intestinal gas and abdominal cramps. Try a dab or two on your temples provides welcome relief from a migraine headache.

**4 Start Slowly with Supplements.** Before starting a supplement regimen, note these safety precautions:

- + Check with your physician to ensure the supplement will not interfere with any current medications you are taking
- + Only choose tested, standardized, single-name supplements from a high-quality company
- + Read labels carefully and understand what you're taking.
- + Don't jump in with too many shifts to a diet all at once.



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