

# Osteoarthritis

## Recommendation

Eat foods rich in boron (e.g. ground flaxseed, prunes, avocado, raisins, almonds, onion, parsley, cinnamon)

Gentle exercise (e.g. cycling, swimming)

1/4-1/2tsp ginger powder daily

1/4 cup sesame seeds daily, ground (e.g. in a coffee grinder) or as tahini

1-2 Brazil nuts daily (for Selenium)

Supplements: collagen powder, Vitamin D with K2, turmeric/curcumin.

**Note:** if severe consider using special devices to reduce the strain on your joints during your everyday activities, e.g. knee supports.

**Results:** each of the above has shown benefit in studies. For better results try more than one, more the better.

**How it works:** reduces inflammation and modulates pain/repair pathways.

**Side-benefits:** regular ginger or turmeric use may provide a wide-range of other potential health benefits (e.g. help with weight loss, indigestion, blood pressure, cholesterol).

**References:** [healGB.com/osteo](http://healGB.com/osteo)

**Feedback:** if you try this approach and would like to provide feedback of your experience please let us know by email: [feedback\(at\)healGB\(dot\)com](mailto:feedback(at)healGB(dot)com)

**Disclaimer:** the information in this leaflet is not intended to replace medical advice. Please check with your GP before trying alternative remedies.