

INFLAMMATION

THE EFFECTS OF FOOD AND INGREDIENTS THAT CAUSE INFLAMMATION/ARTHRITIS INFLAMMATION

As a disease, arthritis is more complicated and varied than most people imagine. It can come in different forms and affect people in different ways. But the common thread through most forms of arthritis? **Inflammation and stiffness of the joints.**

CYCLOOXYGENASE-1
Commonly known as COX-1

CYCLOOXYGENASE-2
Commonly known as COX-2

2 ENZYMES ARE MAJOR CAUSES OF JOINT INFLAMMATION

Medications, such as Nonsteroidal Anti-Inflammatory Drugs (NSAIDs), block the enzymes to treat your arthritis

Researchers discovered that **COX-2 enzymes become more active** and cause more joint inflammation when you take in more omega-6 fatty acids than omega-3 fatty acids.

Omega-3s are the inflammation fighting fatty acids found in cold water fish such as **salmon and tuna.**

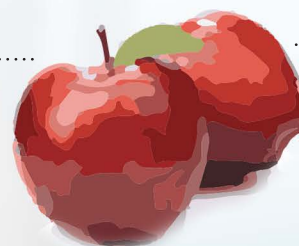
EATING HABITS CAN GO A LONG WAY IN HELPING TO REDUCE INFLAMMATION

FOODS THAT CAUSE INFLAMMATION



One way to reduce inflammation through diet is by **eating healthier** and limiting the intake of problem foods.

FOODS THAT FIGHT INFLAMMATION



For more information on a healthier anti-inflammatory diet visit arthritis.org/living-with-arthritis/arthritis-diet/anti-inflammatory/anti-inflammatory-diet.php.

SOURCE: Arthritis Foundation