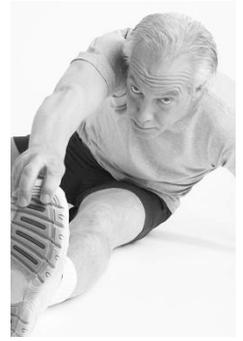




One to one personal training with Lorraine



Information on Bones and Joints

Osteoporosis

Helpful tips:

- Take daily weight-bearing exercise, such as walking. This is the most effective way to avoid, slow and reverse bone loss. Carrying even a few kilos of extra weight such as shopping increases this benefit.
- Avoid smoking and alcohol, both of which accelerate bone density loss.

Helpful foods:

- Milk, yogurt and hard cheese are the richest sources of calcium which are easily absorbed.
- Tofu, fish eaten with bones, such as canned sardines or whitebait, almonds and green leafy vegetables, especially broccoli and watercress are the best non-dairy sources of calcium.
- Oily fish is the main food source of vitamin D, which is needed for calcium absorption.
- Soya protein foods such as tofu, Soya beans, Soya flour and Soya milk contain phytoestrogens.



Arthritis

General Advice:

- Maintain a healthy weight.
- Tension and stress play a part, so tackle them with rest, light exercise and stress management techniques such as meditation or gentle yoga.



Caution – DO NOT REDUCE ANY MEDICATION

Arthritis diet:

- **For 4 weeks**, avoid completely: tea, coffee, chocolate, sugar, alcohol, cows milk products, meat except poultry, shellfish except sardines, citrus fruit, pickled or smoke food, wheat, rye, barley, Soya products such as tofu, peanuts and eggs.
- Avoid all foods with added sugar.
- Reduce salt and fat as much as possible apart from 25 – 50g nuts or seeds a day and the same amount of oil or all vegetable margarine a day.

- Base meals on vegetables, fruit, nuts, seeds and unrefined cereals and grains, with small serving of higher protein foods.
- **After 4 weeks:** Introduce 1 food every 4 days, and observe your reaction. Introduce staples such as milk, wheat, meat and eggs first. Any foods that cause an adverse reaction can be excluded again.

Helpful food:

- Oily fish, eat about 700g (1lb 9oz) a week.
- Fresh ginger (50g- cooked or 5g raw a day)
- Raw pineapple and chilli (inflammatory action)
- Green-lipped mussels.
- Apples, asparagus, blackcurrants, celery and parsley.



Optional supplements:

- Vitamin E – take 400mg a day
- Vitamin C – take 1g 4 times a day reducing after relief to 500mg daily.
- Bromelain enzymes: take 125 – 400mg 3 times daily.
- Pantothenic acid (for rheumatoid arthritis): take 500mg a day for 2 days: 1g daily for 3days: 1,500mg daily for 4 days: then 200mg a day for 2 months or until pain is relieved. Then reduce to the minimum needed to maintain relief.

I hope this information helps you in some way, if you have any medical problems please contact your GP as soon as possible.

Regards

Lorraine Hannah



Personal Trainer and group exercise fitness instructor

*Information from Healing Foods by Miriam Polunin published by DK living.