

5 Foods That May Cause You Joint Pain

Individuals who are returning to eating real foods (not processed) and experiencing relief from inflammation-related diseases. Seventy percent of the body's immune cells are in the digestive system. Focus placed on gut health becomes of vital importance for natural healing to occur.

The Inflammation Response

When an individual eats food that triggers allergies, the body's response is inflammation. Foods containing bacteria trigger the same reaction. The body becomes inflamed to protect the critical systems. Prolonged inflammation results in severe health conditions.

The inflammation response occurs when undigested proteins pass into the blood, creating an additional health concern. Enterocytes aid the digestive process within the intestines. If these cells are not functioning properly, then protein travels through the blood.

Inflammation-Causing Foods

Natural health providers suggest avoiding inflammation-causing foods for improved health. Five foods top the list of those to avoid as discussed below:

1. Refined sugars. According to the *American Journal of Clinical Nutrition*, processed sugars increase the inflammatory response. The process increases pain, swelling and redness in different parts of the body. Also, Dartmouth Med School found eating sugar directly relates to acne formation.

2. Refined grains. Refined grains are modified significantly compared to their original composition. Products made with

refined grains are “nutritionally enriched” to add vitamins and minerals lost in the process. White flour is another food item to avoid. The flour is a simple carb that breaks down and converts quickly to sugar.

3. Artificial sweeteners. Artificial sweeteners create inflammation within the body, especially in those individuals who are prone to the response. This class of sweeteners includes aspartame, Splenda, saccharin and sucralose. Researchers believe these products increase the pH level in the gut and reduce good bacteria.

4. Vegetable oils. Some vegetable oils create inflammation. This list includes corn oil, canola oil, soy oil and cottonseed oil. Using these oils on a regular basis upset the body’s balance of omega-3 and omega-6.

According to the *Journal of American College of Nutrition*, individuals who use more olive oil hold lower blood sugars and increased insulin function. Olive oils contain a substance called oleic acid that is also a natural anti-inflammatory. Always, research and choose *real* olive oil.

5. Feedlot animals. Cattle raised on high omega-6 foods are fed inflammation-producing grains. These animals live in restricted locations and receive injections with hormones. In addition, commercial cattlemen treat animals with antibiotics. Eating meats of this nature increase the inflammatory response of the body.

Better Choices

Natural healing comes to the body when removing inflammation-causing foods. Adding organic fruits and vegetables are better for improved health. Organically prevails over commercial foods. Choose whole grains and natural sweeteners for the diet. Remove commercially raised meats from the regimen and add more plant protein. If meat is desired, choose grass-fed options for more optimal health.

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