

# The Top 10 Arthritis Healing Superfoods



**Omega-3 Seafood** A potent natural anti-inflammatory. Provides the same pain relief as NSAID drugs. Stick with wild salmon (fresh or canned), halibut, scallops, shrimp, sardines, anchovies and tuna. Relieves OA and RA.

**Extra Virgin Olive Oil** Blocks inflammation like prescription arthritis drugs. Only “extra virgin” has healing effects. Not for high-heat cooking. Good for OA and RA.



**Berries** More effective than aspirin at relieving joint pain. Blocks inflammation like NSAID drugs. Best anti-arthritis berries: Blueberries, blackberries, raspberries, strawberries, cranberries and cherries. For OA and RA.

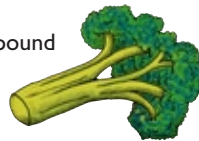
**Ground Flaxseed** Best plant source of healing omega-3s. Two tablespoons provides 140% of the daily omega-3 recommendation. Blocks inflammation. Good for OA and RA.



**Spinach** Loaded with the natural pain-reliever, salicylic acid (the active ingredient in aspirin). Super source of alpha-linolenic acid, a plant form of anti-inflammatory omega-3s. Eat cooked for maximum benefit. Relieves OA and RA.

**Broccoli** Blocks inflammation with sulforaphane, a natural sulfur compound that protects cartilage. Halts joint pain just like COX-2 arthritis drugs.

Loaded with salicylic acid. Eat raw or lightly steamed. Good for OA and RA.



**Onions** A natural painkiller and inflammation-fighter. The strongest onions contain the greatest anti-inflammatory and pain-relieving effects. Inhibits inflammation in OA and RA.

**Live Yogurt** A potent inflammation-fighter. Exerts a “remarkable preventive and curative” effect on arthritis. Choose yogurt marked “live active cultures.” Beneficial bacteria to look for: L. bulgaricus, B. bifidus, L. casei, L. reuteri.



**Winter squash** The perfect anti-arthritis food. Blocks joint inflammation and pain. Loaded with carotenoids that neutralize joint degeneration. Eat with extra virgin olive oil to double their pain-relieving benefits. For OA and RA.

**“Arthritis broth”** A rich source of arthritis healing glucosamine and chondroitin. Over 300 medical studies prove they improve arthritis symptoms. Before-and-after x-rays show they help create new joint cartilage. (Easy recipe on fold-over section at right.)



For more Arthritis Healing Superfoods and FREE Recipes, visit [MyHealingKitchen.com](http://MyHealingKitchen.com)

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## Make Your Own Joint Supplement

**HERE'S HOW TO BENEFIT** from the most effective arthritis pain-relieving supplement on earth without forking out \$20 to \$40 a jar. In fact, it can be yours without spending a cent!

All it takes are a few bones from the butcher, some crustacean shells from the local fishmonger, a bunch of eggshells\* and your favorite soup kettle. That's all you need to create a high-potency “Arthritis Broth” full of glucosamine and chondroitin, two joint-nourishing nutrients proven to soothe your chronic arthritis joint pain and improve your condition.

### Your Soup Is More Potent Than Supplements

Your stove-top bone broth is a more potent arthritis healer than any glucosamine-chondroitin supplement you can buy. That's because modern supplements are produced by extracting glucosamine-chondroitin with harsh chemicals that weaken their potency.

The nutrients in this Arthritis Broth are gently leached from the bones into the water during cooking. The resulting stock is rich in digestible calcium, magnesium, phosphorus and other trace minerals as well as glucosamine-chondroitin.

### Homemade “Arthritis Healing Broth”

1. Fill a large soup pot with beef /pork knuckles, feet, back bones and/or joint bones. Add chicken bones\*\* and carcasses. (These gelatin-rich animal parts contain the highest concentration of chondroitin.)
2. Toss in as many crustacean shells as will fit, for glucosamine.
3. Dump in the eggshells. Vegetable scraps are great, too.
4. Splash in some lemon juice or vinegar to release the calcium and glucosamine-chondroitin from the bones and cartilage.
5. Cover with cold water and bring to a boil. Reduce heat to a simmer, cover and let it cook on the lowest possible heat for hours, checking the water level and heat every once in a while.
6. If scum floats to the surface, skim it off with a spoon.
7. When the broth is done, strain the liquid through a colander. Chill to remove the fat.

The liquid will keep in your fridge for up to four days—or freeze it to use indefinitely. Use this arthritis broth† as stock for a variety of soups by adding veggies, beans and herbs. Cook whole grains in this broth, too. Or you can simply sip a hot cupful to soothe and repair your joints.

An even easier method: Place all ingredients into slow cooker and let it simmer for a couple of days on low heat. You can also oven-roast raw bones with their meat to bring out their flavor, but it's not essential. Or you can make a seafood-only broth. Slow cook until you arrive at a gelatinous brew.

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