

Ask Leyla: What can I do to relieve joint pain?



Q: My mother is otherwise healthy, takes no medications and walks daily for exercise, but she often suffers from joint pain.

Is there anything you can recommend to help alleviate her pain?

A: Joint pain can occur for many reasons, not least of all, diet. An anti-inflammatory diet which eliminates vegetable oils (including hydrogenated oils), sugars, sugar substitutes, alcohol, soft drinks, caffeine, processed foods, white flour and other refined carbohydrates, can quell inflammation and reduce inflammatory prostaglandins associated with pain.

Food allergies are notorious for causing a myriad of symptoms including joint pain, and additives and preservatives only exacerbate symptoms—especially in those with sensitivities. A common symptom of candida overgrowth is joint pain, and the leaky gut associated with it propagates further inflammation.

Whether the origin of joint pain is osteoarthritis or rheumatoid arthritis, the elimination of nightshades from the diet can provide tremendous relief. These include:

- Tomatoes
- Potatoes (sweet potatoes are allowed)
- Peppers (including paprika and cayenne, but black pepper is allowed)
- Eggplant

It's important to note that just a two-week elimination of nightshades may not be long enough to diminish arthritis pain. It's best to eliminate them for a minimum of two months to bring about real relief.

Another culprit of aches and pains including joint pain is dietary oxalates. Not just implicated in kidney stones, oxalate crystals that form in susceptible individuals can cause joint pain too. You can take a deeper dive on the dangers of consuming high oxalate foods in [this recent podcast episode](#).

In addition to glucosamine and chondroitin, the addition of fish oil, curcumin and *Boswellia* as part of a daily supplement regimen are very beneficial in relieving joint pain and associated inflammation. A qualified nutritionist can guide you in optimal dosing and dietary modifications.

To your health!

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