

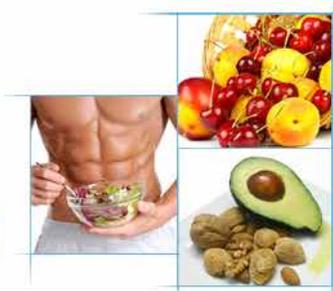
101 Superfoods

That Stop Your Joint Pain & Inflammation



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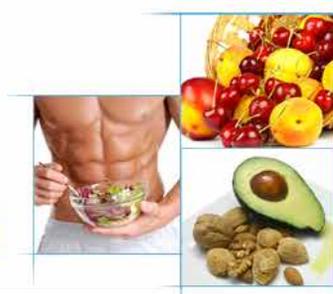
That Stop Your joint Pain
& Inflammation



By Mike Westerdal & Rick Kaselj, MS

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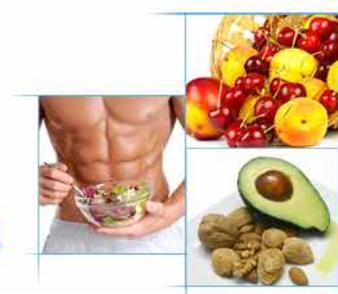
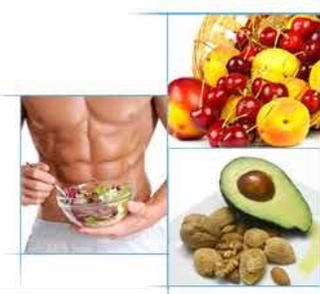


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Chronic Inflammation: The Root Cause of a Multitude of Diseases

In developing an overall understanding of inflammation and its impact on our bodies and metabolic systems, it is important to know that not all inflammation is bad. In fact, some inflammation is actually very good for our bodies while other types of inflammation are not.

Although we generally associate inflammation with pain, we need to understand that the inflammation is a necessary element in the body's healing response to an injury (or infection). The inflammation and associated pain tell us two important things:

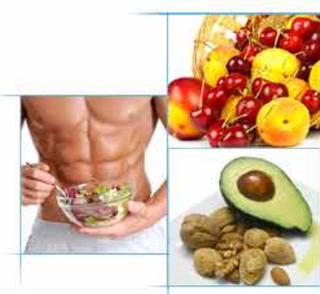


- 1) We have an injury or wounded area that must be pampered in order to heal.
- 2) The healing process is underway as it should be. By the way, the pain that is associated with inflammation is the result of inflamed tissue pressing up against nerve endings, along with chemical substances that convert molecular signals into electrical impulses that trigger the pain sensation.

In its role as a facilitator of the healing process, inflammation is generally either in

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'attack' mode or 'heal' mode. In the attack mode, inflammation recruits the immune system to protect the body from an injury and to mitigate infection. In the heal mode, inflammation works to re-grow damaged tissue as it facilitates the healing process.

With this knowledge in mind, it is easier to understand the difference between 'good' and 'bad' inflammation. Acute inflammation—which occurs immediately after an injury and is almost always short-lived—would be considered 'good' inflammation. In contrast, chronic inflammation—which is an unhealthy inflammatory over-response is 'bad' inflammation because it can linger for weeks, months or even years.

In addition, chronic inflammation can be linked to a number of dangerous diseases. In fact, a growing number of experts believe that chronic inflammation may very well be the underlying root cause of a multitude of diseases and life-threatening health conditions.

Systemic inflammation is also considered bad inflammation. Systemic inflammation is generally thought to be caused by a massive release of cytokines that spreads throughout the entire body. Left unchecked, systemic inflammation can result in organ failure and even death in some cases.

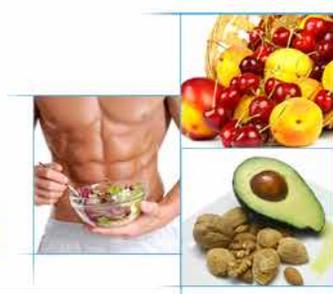
INFLAMMATION CAN CAUSE THE FOLLOWING DISEASES & HEALTH HAZARDS

- | | |
|---|--|
| <ul style="list-style-type: none">● Asthma● Irritable Bowel Syndrome● Allergies● Skin Disorders● Heart Disease● Arthritis● Congestive Heart Failure | <ul style="list-style-type: none">● Arterial Diseases● Obesity & Weight Gain● Tumor Formation● Cancer● Type 2 Diabetes● Alzheimer's |
|---|--|

Now that we know the difference between acute (good) inflammation and chronic

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(bad) inflammation, the next step is to understand some of the causes of chronic inflammation and the steps we can take to prevent it.

Environmental variables such as stress, smoking, certain chemicals or substances and certain foods have all been shown to support the onset of chronic inflammation. These are all factors we can—for the most part—reduce or eliminate from our lives (e.g., learn to manage stress, don't smoke, reduce exposure to harmful chemicals, etc.). And of these, diet is the single most important controllable factor in regards to whether or not an individual experiences chronic inflammation.

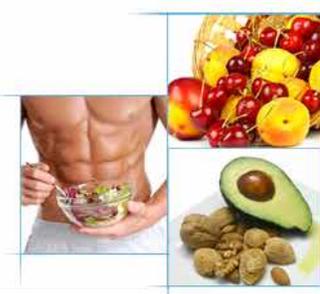
Food is the most important element because this is of course how our bodies obtain the nutrients necessary to support life. Food also sets the stage for the functioning of the body's metabolic systems. Healthy diets support healthy metabolic system functioning and likewise, unhealthy diets result in unhealthy metabolic system functioning—and the onset of illness, disease and conditions such as chronic inflammation.



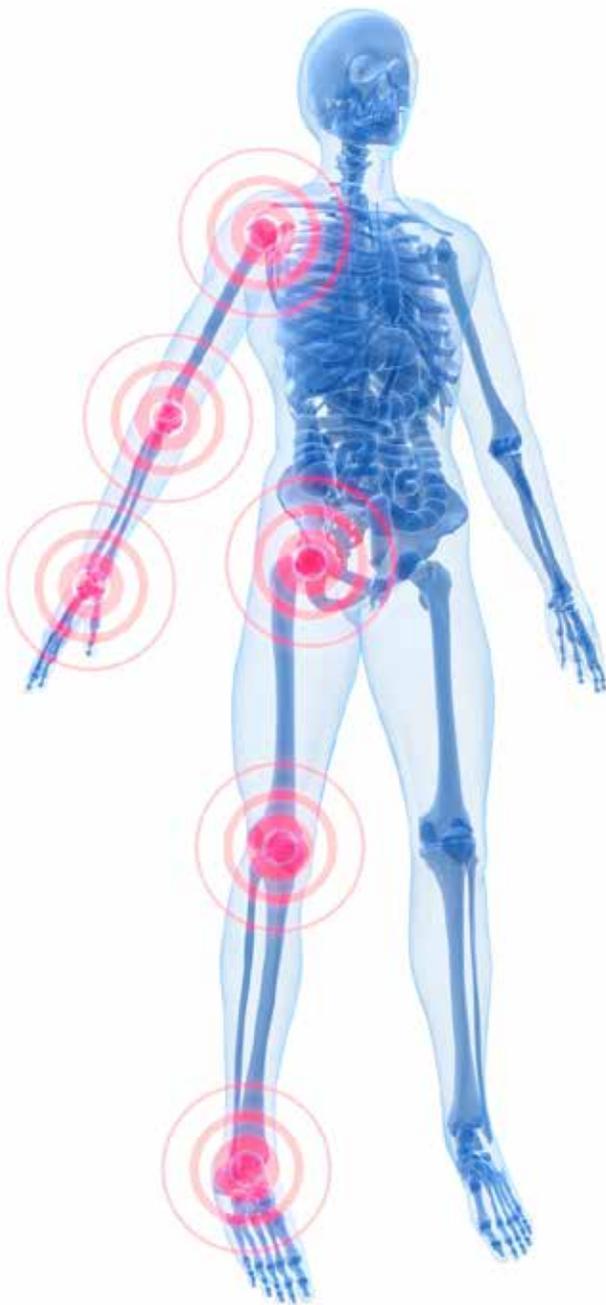
Later in this report I'll tell you exactly which foods can trigger the onset of inflammation and which foods can keep your metabolic systems in top shape and your body free of chronic inflammation.

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How Does Inflammation Affect Your Pain?



Pain is one of the most notable features of inflammation. The pain that we feel is a signal that the body has been injured or that something is otherwise wrong. In terms of our evolution, pain evolved as a signal to tell us to stop what we were doing or to take alternative action.

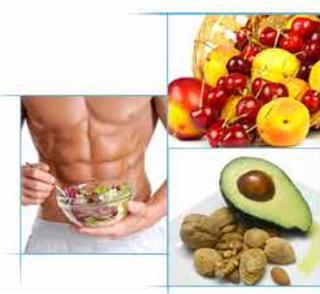
It is essentially a defense mechanism that alerts us to an injury, thus allowing us to protect our bodies and not damage our bodies any further than what we already have.

Because of the potential danger involved with pain—literally life or death—the pain signal had to be strong and nearly impossible to ignore. Otherwise, we might not stop or avoid the pain-causing danger.

The pain signal is closely linked to the fight or flight response, wherein our bodies go into alarm mode. In this state, our muscles receive more blood flow and oxygen, our heart beats faster, our breathing quickens and we get ready to stand and fight or run from danger. In short, the pain response is an extremely efficient way to motivate us to respond quickly to threats.

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When we experience inflammation, the affected area often hurts and may be stiff. The pain can result in an overall feeling of discomfort, distress and even worse, depending on the severity of the inflammation. The inflammation-related pain can be constant and steady, in which case it is often referred to as an ache.

Alternatively, the pain can be of a throbbing type, a pulsating pain, or it can be a stabbing or pinching pain. In any case, pain is either acute (short-term, intense) or chronic.

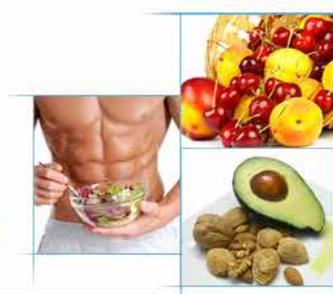


In addition, pain can also be:

- **Nociceptive pain:** This type of pain is caused when special nerve endings—called nociceptors—become irritated. Nociceptive pain is the type of pain you feel when you burn yourself, twist your ankle, or stub your toe, all of which can result in inflammation. This type of pain is felt as a dull or sharp aching pain, and it can be mild to severe. Nociceptive pain can be either acute (e.g., sprained ankle) or chronic. Nociceptive pain usually responds well to pain medications, anti-inflammatory agents, or other drug therapies.
- **Somatic pain:** Somatic pain is a kind of nociceptive pain that is felt in muscles, joints, bones, ligaments, and on the skin. Musculo-skeletal pain is somatic pain. When you cut your skin, the pain you experience is

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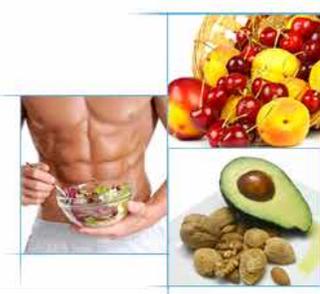
somatic pain. You also experience somatic pain if you stretch a muscle too far or exercise for a long period of time. In these cases, nociceptors send impulses to the brain when they detect some kind of tissue damage. Somatic pain tends to be sharp and localized - touching or moving the affected area will result in more severe pain.

- **Visceral pain:** This is also a type of nociceptive pain. With visceral pain, the pain is sensed deep down in the body, in the internal organs and main body cavities, such as the heart, lungs, bowels, spleen, liver, kidneys, bladder, uterus, and ovaries. The pain is usually described as a deep ache. Cramping and colicky sensations are examples of visceral pain.

In all of the types of pain above, inflammation primarily causes pain because the swelling pushes against the sensitive nerve endings, which send pain signals to the brain. Nerve endings send pain signals to the brain all day long; however, it learns to ignore most of them, unless pressure against the nerve endings increases.

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How Food Can Lead to Inflammation and Pain?

Food and water are the essence of life—without them our bodies could not function and we would die. Food in particular, provides the necessary protein, carbohydrates, fats, nutrients, vitamins and minerals we need to function and maintain our metabolic systems in top form.

Eat a healthy diet and the body functions well—eat a poor diet and the metabolic systems are thrown off balance, and do not function properly. When this occurs, in addition to loss of energy and weight gain, our bodies become susceptible to illness, disease, injury, inflammation and pain.

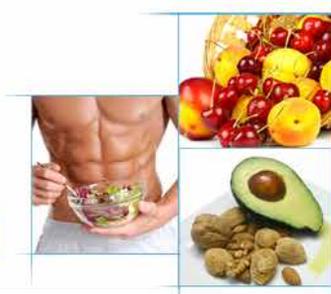


A proper, healthy diet is one that is rich in high quality proteins, complex carbohydrates and healthy fats. The body gets its fuel to facilitate the recovery process from the foods we eat. That's why it's especially important for fitness and exercise enthusiasts to focus on eating high quality proteins, complex carbohydrates and essential fats. It is from these that the body manufactures the tools of recovery.

In a perfect world, we would get 100% the substances we need to recover from the foods we eat. But in today's modern world that's not always possible. Modern technologies and processes allow us to have convenient access to food that wasn't possible a couple generations ago, but along the way, a good portion of the

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nutritional content gets lost. That's where nutritional supplements come into the picture.

In addition to eating healthy, taking supplements can help ensure that our muscles have ready access to everything they need for the recovery process, which ultimately results in less inflammation.

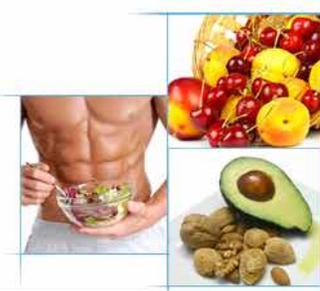
Conversely, a poor diet can lead to both inflammation and pain.

In 2006, the University of Naples conducted a study on the impact of diet on inflammation. The study showed that dietary patterns high in refined starches, sugar, some saturated fats and trans-fatty acids, to be poor in natural antioxidants. Likewise, diets that were low in fiber from fruits, vegetables, and whole grains were poor in omega-3 fatty acids which may cause an activation of the innate immune system.

Researchers determined that this is most likely caused by an excessive production of pro-inflammatory cytokines associated with a reduced production of anti-inflammatory cytokines. The study determined that the whole diet approach is particularly promising to reduce the inflammation associated with the metabolic syndrome.

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Foods that Inflame the Body and Increase Pain

We know that inflammation is swelling that occurs as the body's self-protection mechanism tries to remove harmful stimuli such as damaged cells or irritants. In some cases joint inflammation can result in severe pain that can last for days, weeks or longer, sometimes becoming a chronic condition that lasts a lifetime.



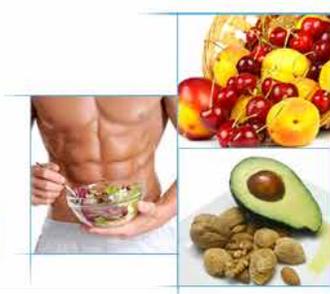
The body's approximately 230 joints are particularly susceptible to chronic inflammation. And when chronic joint inflammation occurs, it inhibits mobility and causes pain, which can bring your training routine to a screeching, painful halt.

In an effort to uncover the reasons why some people seem to be more susceptible to chronic inflammation than others, researchers discovered a link between diet and occurrences of painful sudden or chronic joint inflammation. Their studies showed that people who ate certain foods—or types of foods—had few instances of joint inflammation and when it did occur, these people recovered at a faster rate than others, who did not eat these foods.

Even more interesting is the fact that they discovered that people who ate a different type of food—or types of foods—were more likely to be plagued by chronic joint inflammation. Not surprisingly, it also took these individuals much more time to recover from joint inflammation than those who belonged to the other group.

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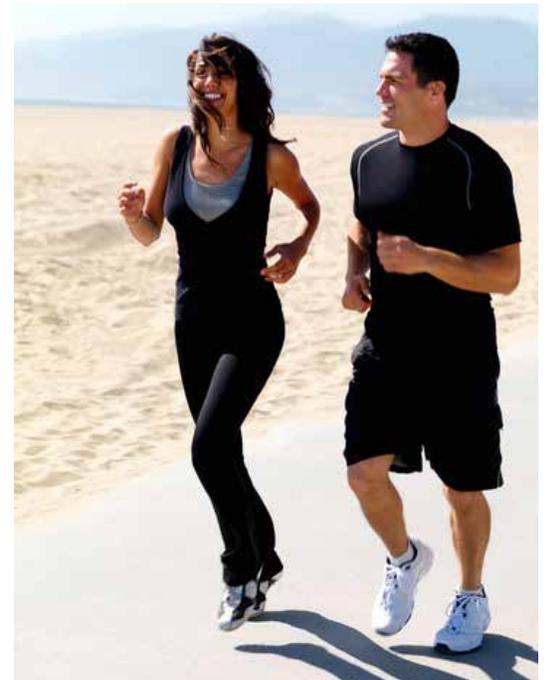
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And there's good reason to be concerned about chronic joint inflammation and it's not just the painful joints, muscles, swelling and loss of mobility. In fact, chronic joint inflammation can increase your risk of developing serious and potentially deadly diseases and conditions including diabetes, heart disease, Alzheimer's disease and certain types of cancer.

Other factors such as genetics, overall health, lifestyle, amount of sleep and more play a role as well, but nevertheless, chronic joint inflammation can be a significant contributing factor.

Because it is how our bodies obtain the nutrients they need to thrive and be healthy, diet can be linked to an increased likelihood of developing any of the conditions or diseases above. This makes sense when you think about the concept. It's like baking a cake with stale or bad ingredients. If you don't use high quality ingredients from the start, you won't get tasty, high-quality results.



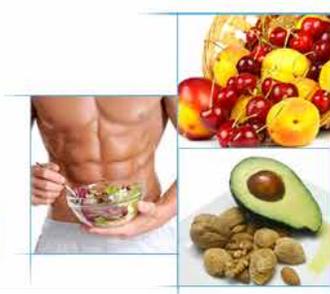
Our metabolic systems are highly complex and adaptable but if we provide them with poor quality nutrients, we shouldn't be surprised that the outputs—our health—are poor and problematic.

Inflammation is a primary way that our metabolic systems express their displeasure with our nutritional choices. And when we continue to supply our bodies with poor nutritional foods, the inflammation can become widespread and chronic.

But diet isn't the only common thread here—chronic joint inflammation can actually be viewed as a 'precursor' to these other conditions such as diabetes, heart

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disease and the others. That does not necessarily mean that every person with chronic joint inflammation will develop these other illnesses or conditions, but it does increase the chances.

Unfortunately, outward symptoms of chronic joint inflammation can take years and years to develop, meaning that many people are not even aware of the fact that their joints are chronically inflamed until it becomes painful and inhibits mobility. Luckily though, measuring C-reactive protein (CRP) levels in the bloodstream can help tell you the degree to which you are on the path towards developing chronic joint inflammation.

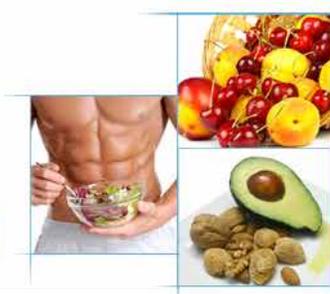
Researchers have discovered a link between increased CRP levels in the bloodstream and systemic, chronic joint inflammation. Even more important, they now know that there is a correlation between diet and CRP levels. People whose diets include healthy fats, complex carbohydrates, lean proteins and antioxidant-rich foods showed lower levels of CRP than persons with diets that mostly consist of highly processed foods, refined sugars, trans fats and simple carbs.

A diet high in unhealthy foods (e.g., processed foods, packaged foods, etc.) not only increases CRP levels in the bloodstream—and therefore increasing the chances that you'll wind up with systemic joint inflammation—but it all but guarantees obesity, which also contributes to joint inflammation. In reality, a diet high in the 12 foods below contributes to system joint inflammation on multiple fronts—not just by increasing CRP levels.

If you already have symptoms of systemic joint inflammation, you should certainly consult a medical professional to see if you have any other conditions (e.g., diabetes, etc.) or require additional treatment or medications. But regardless of whether you do or do not have any symptoms of systemic joint inflammation, taking a close look at your dietary choices can place you well on the path towards living a life free from painful joint inflammation.

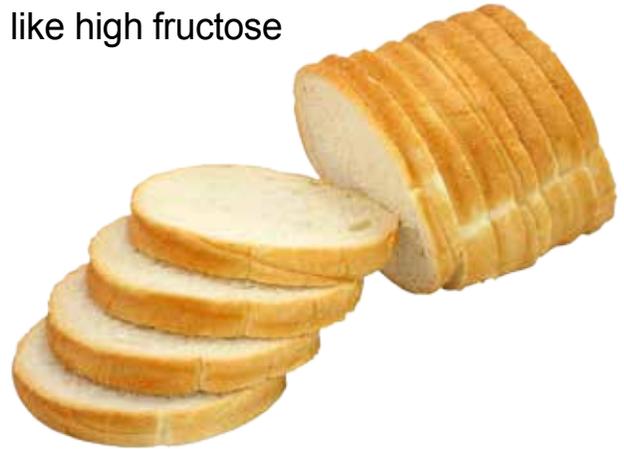
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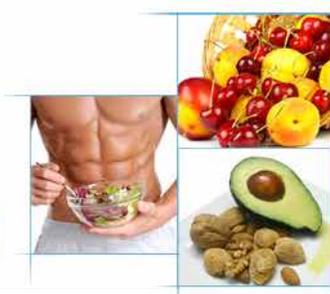
A “Dozen” Reasons to THINK about What You’re Eating

1. **Sugars** — especially ones that are refined such as those found in candies, sodas, condiments and other common foods. If you must have sugar, go with RAW sugar or use things like raw honey, agave nectar and pure organic maple syrup.
2. **Wheat** — (gluten) because a growing number of people are becoming gluten sensitive, which simulates an allergic response.
3. **Processed foods** — of any type because processing usually means that the natural beneficial nutrients have been taken away and other, artificial ingredients added to take their place like high fructose corn syrup.
4. **Fast foods** — these are usually very high in unhealthy trans fats, sodium and sugar.
5. **White bread** — which is ‘white’ because many of the healthy benefits have been bleached and processed out.
6. **Pasta** — because most of them are primarily comprised of simple carbohydrates, which almost instantly converts to sugar in the body. There are some quality choices out there if you do your research.
7. **Ice Cream** — due to artificial ingredients and high concentrations of trans fats and sugars. There are rare exceptions if you go organic and it’s on occasion.
8. **Some cheeses** — if you feel the need to eat cheese,



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stick with the white varieties because they are usually lower in trans fats and contain less artificial ingredients and coloring.

9. **Snack foods** — like fast foods, snack foods are usually packed full of unhealthy fats, refined sugars, sodium and artificial ingredients.
10. **The BAD fats** — Trans fats and some oils that are high in unhealthy fats such as vegetable and corn. Trans fatty acids found in hydrogenated oils, partially hydrogenated oils, shortenings, and margarine are very unhealthy.
11. **Alcohol** — which is a depressant that can suppress the immune system and inhibit recovery from pain and inflammation. However, in small doses, things like red wine have been proven to have health benefits.
12. **Soy** — a growing body of research is showing that soy may not be so healthy after all. Researchers are finding that soy contains properties that may inhibit thyroid function while also suppressing the healing process.

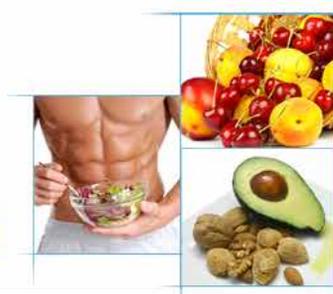


When I saw this list, the first thought that came to mind is that all of these are foods that most typical Americans eat if not daily, at least four to six times a week. It's no secret that the typical American diet includes excessive unhealthy (trans) fats, enormous amounts of sugar, far too many simple carbs and a mind boggling quantity of highly processed foods.

Given this, it is no surprise that obesity rates are through the roof and that some studies show that nearly one in five Americans suffers from painful joint inflammation.

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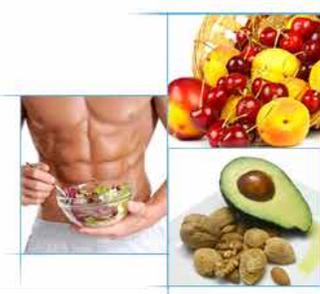
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In reality, a diet high in the 12 foods above contributes to system joint inflammation on multiple fronts—not just by increasing CRP levels.

If you already have symptoms of systemic joint inflammation, you should certainly consult a medical professional to see if you have any other conditions (e.g., diabetes, etc.) or require additional treatment or medications. But regardless of whether you do or do not have any symptoms of systemic joint inflammation, eliminating these twelve foods from your diet can place you well on the path towards living a life free from painful joint inflammation.

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Foods that Help Beat Inflammation

Inflammation—especially when it affects the joints—can limit mobility and be very painful. When the pain is severe, it can bring strength training or weightlifting to a screeching halt. Sometimes, occasional joint inflammation—such as the kind brought on by an injury—can't be avoided.

There are however, steps you can take today to speed up the recovery process should you injure yourself and more important, reduce the likelihood that you'll suffer from other types of joint inflammation and pain. Getting started is as easy as incorporating anti-inflammatory foods into your diet. Fortunately, the list of foods that fight the effects of chronic inflammation is long—and tasty.

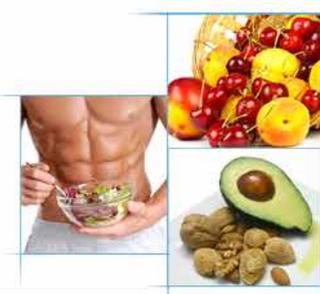
Let's start by talking about how eating certain types of foods can help reduce the effects of chronic inflammation or even prevent it all together.

In the human body, a joint is the point at which two or more bones come together. Humans have about 230 of them. They have different ranges of mobility (from no mobility, limited movement and full range of movement) and are classified by type such as ball and socket, elbow, gliding, hinge, hip and saddle joints. Joints can also be classified by structure, function, biomechanical properties and more—it really gets very technical.

Regardless of the type or classification, joints wouldn't function very well if they were just 'bone meeting bone,' because there would be too much friction. Just like a ball bearing sealed with oil, to allow for ease of movement, human joints have either cartilage or synovial fluid—or both—between the bones. Cartilage is a smooth connective tissue while synovial fluid is a yolk-like viscous fluid that serves

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as a lubricant. Ligaments connect bone to bone and stabilize the joints.

There are two key points to this anatomy lesson: 1) joints are very complex; and 2) we have a lot of them in our bodies. For the most part we don't give any thoughts to our joints unless we're having problems with them. And when we do have problems with them, it can be not just painful, but downright debilitating. Inflammation is the most commonly-cited problem or difficulty with joints.

Inflammation in joints is swelling that is actually part of the body's self-protection mechanism as it tries to remove harmful stimuli such as damaged cells or irritants. And when joint inflammation occurs, it inhibits mobility and causes pain. Sometimes joint inflammation can bring about severe pain that can last for days, weeks or longer, sometimes becoming a chronic condition that lasts a lifetime.

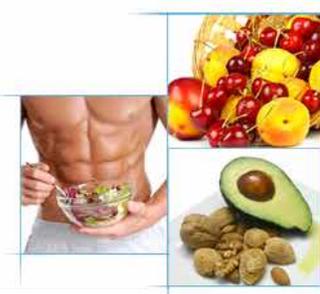
Your metabolism plays a central role in determining whether or not you develop joint inflammation that occurs over time and how quickly it recovers from the type that is brought on by a sudden injury. And fortunately, scientists have discovered that eating certain foods can boost the body's ability to fight joint inflammation.

Not surprisingly, these are foods that are rich in vitamins, antioxidants, flavonoids, phytonutrients, minerals, proteins, healthy fats or complex carbs—you won't see any processed foods, packaged foods or artificial ingredients on the list of inflammation-fighting foods. In fact, many highly processed, refined foods



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have been shown to actually decrease the body's ability to fight inflammation. Foods that fight inflammation do so by supporting an overall healthy metabolism while also:

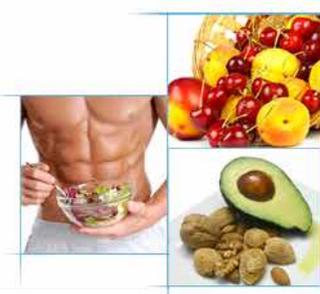
- **Helping to maintain optimal weight**—carrying extra weight places stress on the joints, increasing the likelihood of developing chronic inflammation
- **The food choices you make every day directly impact your energy level, mood and overall health**—By making smart food choices - like the "super" foods listed below - you will drastically improve your overall health and provide your body with energy and stamina. It is the nutrient dense foods in the list that help you maintain steady blood sugar levels throughout the day giving you a natural boost
- **Reducing the risk of heart disease, diabetes and other chronic conditions**—all of these conditions can reduce or hamper the body's defenses against chronic inflammation and can in fact, create the ideal conditions for its development

So what types of foods do you want to be looking for if you want to fight inflammation? First and foremost you want to shop for fresh, whole foods—preferably organic, pesticide-free and non-genetically modified (GMO). When



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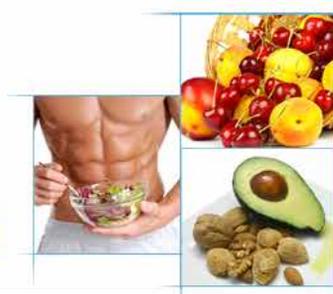
heading to the grocery store think fresh meats, chicken, fish, eggs, whole milk, cheeses, vegetables, fruits, berries, herbs and spices.

It's no coincidence that these are foods that help the body to build muscle and maintain a healthy weight. Strong muscles help keep joints stable and a healthy weight reduces pressure on joints, helping to minimize—or in some cases prevent—joint inflammation.

Eat these foods and while you might not completely eliminate joint inflammation, you'll certainly increase your body's ability to fight joint inflammation and even prevent it from occurring in the first place. In selecting foods from the list, be sure to make balanced choices so you get a well-rounded variety of healthy, wholesome, unprocessed, inflammation-fighting foods in your daily diet.

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Vegetable Superfoods

1 Avocados: Avocados have long been prized for their extensive health benefits. Avocados contain high levels of monounsaturated fats, phytosterols and antioxidants like vitamin E, vitamin C and a variety of carotenoids that may help fight chronic inflammation.



2 Asparagus: Asparagus not only tastes delicious, but is also a wonderful source of nutrients for a healthy body and mind. Asparagus contains many anti-inflammatory nutrients, such as asparagus saponins and the flavonoids quercetin, rutin, laempferol and isorhamnetin, which all help to combat chronic inflammation.

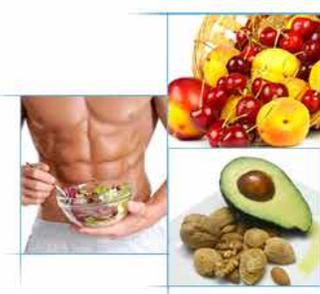
3 Beets: Beets are a root vegetable. They are a unique source of phytonutrients called betalains. Betanin and vulgaxanthin are the two best-studied betalains from beets, and both have been shown to provide antioxidant, anti-inflammatory, and detoxification support.

4 Broccoli: Broccoli is rich in fiber and packed with healthy vitamins and minerals. Broccoli is a particularly rich source of a flavonoid called kaempferol. Recent research has shown the ability of kaempferol to lessen the impact of allergy-related substances on our body. This kaempferol connection helps to explain the unique anti-inflammatory benefits of broccoli.

5 Brussels Sprouts: Brussels sprouts are a good source of Thiamin, Riboflavin, Iron, Magnesium, Phosphorus and Copper, and a very good

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source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Folate, Potassium and Manganese. Brussels sprouts can help the body to avoid chronic, excessive inflammation through its many nutrient benefits. In particular, the glucosinolates found in Brussels sprouts help to regulate the body's inflammatory/anti-inflammatory system and prevent unwanted inflammation.

6 | Carrots: Carrots are a root vegetable popular around the world. All varieties of carrots contain valuable amounts of antioxidant nutrients. Included here are traditional antioxidants like vitamin C, as well as phytonutrient antioxidants like beta-carotene. As a result, carrots are an excellent tool for fighting inflammation.



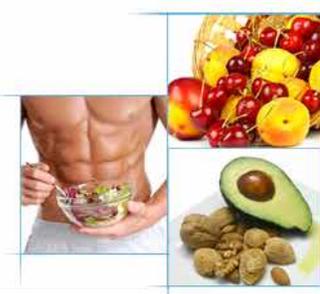
7 | Cauliflower: Cauliflower is rich in vitamin K, which is one of the hallmark anti-inflammatory nutrients. Vitamin K acts as a direct regulator of our inflammatory response. In addition, glucobrassicin, which is also found in cauliflower, is converted into an isothiocyanate molecule called ITC, which is an anti-inflammatory compound that can actually operate at the genetic level, and by doing so, prevent the initiation of inflammatory responses at a very early stage.

8 | Celery: This crunchy vegetable is an excellent source of cell-protecting antioxidants, such as vitamin C, beta-carotene and manganese. It also contains various phenolic antioxidants, which provide powerful anti-inflammatory benefits. These phytonutrients may decrease oxidative damage to body fat and risk of oxidative damage to blood vessel walls.

9 | Chili Peppers: Like hot peppers, chili peppers have a host of health benefits, including being an excellent weapon against chronic inflammation. Research is still underway but preliminary results suggest that capsaicin may be a key inflammation fighting property of chili peppers.

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10 | Edamame: This well-known Asian snack is quickly gaining popularity as a powerful weapon in the war against chronic inflammation. Researchers from Oklahoma State University gave participants either 40 g of soy protein (about 1/4 cup of shelled edamame) or milk-based protein for three months. At the study's end, pain was reduced for those who ate soy protein but not for those in the milk protein group. These results suggest that edamame holds great promise for preventing the onset of chronic inflammation.

11 | Hot Peppers: Research demonstrating the multitude of pepper's health benefits is stacking up. All hot peppers contain a substance called capsaicin. When applied to tissues, capsaicin causes release of a chemical called substance P. Substance P is ordinarily released when tissues are damaged; it is part of the system the body uses to detect injury. Eating peppers helps stimulate the body's chronic inflammation-fighting response.

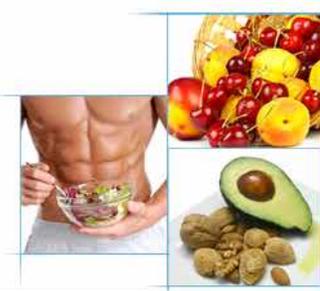


12 | Kale: This cruciferous vegetable is quickly gaining popularity as an up-and-coming superfood. In recent years, kale has been studied more extensively in relationship to cancer than any other health condition. Kale's nutrient richness stands out in three particular areas: (1) antioxidant nutrients, (2) anti-inflammatory nutrients that can fight the effects of chronic inflammation, and (3) anti-cancer nutrients in the form of glucosinolates.

13 | Olive Oil: Olive oil is high in phytonutrients including oleocanthal, squalene, beta-sitosterol, and tyrosol. An article published by Philadelphia researchers in the September 2005 issue of Nature stated that oleocanthal has strong anti-inflammatory properties, making it effective against chronic inflammation.

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14 | **Onions:** Onions are a great source of vitamin C, B6, biotin, chromium, calcium and dietary fiber. In addition, they contain good amounts of folic acid and vitamin B1 and K. Among their many health benefits, onions are emerging as a favorite for the inflammation-fighting properties.



15 | **Peppers:** Researchers at the University of Illinois report that a plant compound found in abundance in peppers (green, red, yellow) can disrupt a key component of the inflammatory response in the brain. The study looked at luteolin, a plant flavonoid known to impede the inflammatory response in several types of cells outside the central nervous system.

16 | **Pumpkin:** This traditional fall member squash family is full of vitamins, essential fatty acids, minerals and fiber. The nutrients found in pumpkin prevent and alleviate conditions such as chronic inflammation. In particular, pumpkin is a good source for: vitamin A; vitamin C; magnesium; vitamin E; fiber; pantothenic acid; potassium; and zinc.

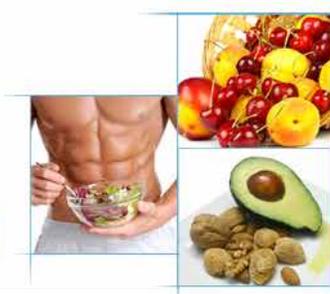
17 | **Red Cabbage:** Red cabbage is not only delicious but it contains powerful phytonutrient anthocyanin that is a well-documented anti-inflammatory agent. It also contains significant amount of polyphenols that help reduce inflammation and oxidative stress.

18 | **Spinach:** Researchers have identified more than a dozen different flavonoid compounds in spinach that function as anti-inflammatory and anti-cancer agents.

19 | **Squash:** Squash is loaded with inflammation-fighting antioxidants and other nutrients that help fight chronic inflammation. This is largely due

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to high concentrations of lutein, zeaxanthin, and beta-cryptoxanthin. You can get all the health benefits of squash by eating the flesh or roasting the seeds.

20 | Sauerkraut: This German favorite is rich in healthy bacteria called probiotics. Probiotics help build a healthy ecosystem inside your digestive tract, and a healthy digestive tract is one of the best ways to fight inflammation.

21 | Sweet Potatoes: Sweet potatoes are loaded with fiber and are an excellent source of beta-carotene. Sweet potatoes provide vitamin A and in addition, anthocyanin and other color-related pigments in sweet potato are equally valuable for their anti-inflammatory health benefits.

22 | Swiss Chard: Long popular outside of the United States, Swiss chard is quickly gaining popularity in the American dietary landscape, mostly due to its many health benefits, including strong anti-inflammatory properties. Swiss chard leaves contain at least 13 different polyphenol antioxidants, including kaempferol, the cardioprotective flavonoid that's also found in broccoli, kale, strawberries, and other foods.

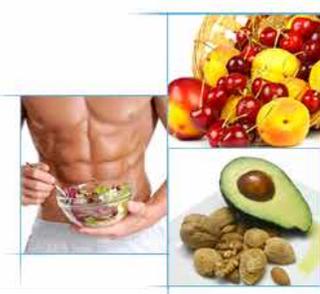
23 | Tomatoes: Juicy ripe tomatoes are loaded with vitamins, minerals and antioxidants. They are also one of the world's best sources of lycopene, a carotenoid pigment that has long been associated with the deep red color of many tomatoes. Tomatoes support heart health and also fight the effects of inflammation.

Fruit Superfoods

24 | Acai Berries: Acai berry is a fruit that grows in the Amazon rainforest. For centuries, it was only consumed by locals until word began to spread about its many health benefits. In particular, it is touted for its high concentrations of antioxidants, which can fight inflammation in the body.

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25 | **Apples:** The old saying, “an apple a day keeps the doctor away,” is not far from the truth because apples are one of nature’s most healthful foods. Apples are extremely rich in important antioxidants, flavanoids, and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing chronic inflammation, cancer, hypertension, diabetes, and heart disease.

26 | **Apricots:** Apricots are a good source of Dietary Fiber and Potassium, and a very good source of Vitamin A. Apricots also have beta cryptoxanthin, which can reduce inflammation in the body and lessens the risk of developing inflammation-related disorders such as chronic inflammation.

27 | **Bananas:** Bananas are a good source of potassium, fiber and vitamins. They have recently begun to emerge as being effective in the fight against chronic inflammation.

28 | **Blueberries:** Blueberries are second in popularity only to strawberries. Blueberries are not only tasty, but they are packed with nutrients and powerful antioxidants that can ward off inflammation.

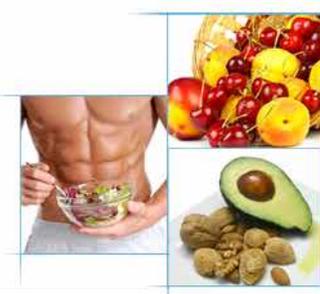


29 | **Cranberries:** Most cranberries (about 95%) are processed into products such as juice drinks, sauce, and sweetened dried cranberries. The rest are sold fresh for other uses. In terms of antioxidant density, cranberries are second only to blueberries. This high concentration of antioxidants help the body fight back against the symptoms of chronic inflammation.

30 | **Goji Berries:** Goji berries are native to Asia. Goji berries have all 18 amino acids as well as mega doses of vitamin A (beta carotene), B1, B2, B6 and vitamin E. Goji berries contain more vitamin C by weight than any

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other food on Earth. Goji berries also contain more iron than spinach as well as 21 other key trace minerals. Goji's are extremely rich in the unique phytonutrient antioxidants lutein and zeaxanthin. Thanks to this high concentration of nutrients, goji berries can help alleviate chronic inflammation.

31 | Grapefruit: Grapefruit is an excellent source of dietary fiber and contains pectin, which helps trap fats like cholesterol and allows them to be excreted. Grapefruits also supply the body with plenty of essential nutrients including vitamin A, B1, B3, B5, B6 and C, biotin, copper, folate, iron, magnesium, phosphorus, potassium, sodium, zinc bioflavonoids, and more. One grapefruit contains only about 100 calories and about four grams of fiber, making it naturally filling. More research is showing that grapefruit is effective in preventing and fighting chronic inflammation.

32 | Kiwi: The kiwifruit is a small fruit approximately 3 inches long and weighing about four ounces. Kiwi provides your daily intake of antioxidants such as polyphenols and carotenoids which help fight damage caused by oxidative stress and free radicals. Kiwifruit is also known to assist in warding off the effects of stress, inflammation and attack from viruses and bacteria.

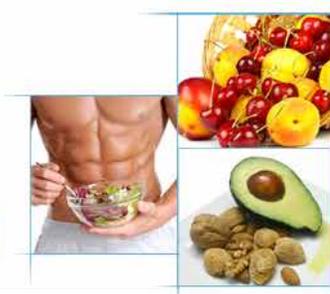


33 | Mangos: Mangos are both delicious and healthy. They're also excellent for avoiding the onset of chronic inflammation. New research presented at the Federation of American Societies for Experimental Biology (FASEB) annual meeting suggest consuming polyphenol-rich mangoes can help reduce blood sugar levels and inflammation in obese individuals.

34 | Oranges: The health benefits of oranges and orange juice have long been known to both ordinary people and scientists. Recently though, new

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research from the State University of New York at Buffalo suggests that oranges can help counteract the inflammatory effects on the body.

35 | **Papaya:** Also known as paw-paw, papaya is rich in unique protein-digesting enzymes including papain and chymopapain, which have been shown to help lower inflammation. In addition, the antioxidant nutrients found in papaya, including vitamin C, vitamin E, and beta-carotene, are also very good at reducing inflammation.

36 | **Pineapple:** Pineapple is a tropical fruit that has long been prized not only for its delicious taste but for its many health benefits as well. Researchers say that bromelain, the key enzyme in pineapple, banishes inflammation as effectively as drugs.

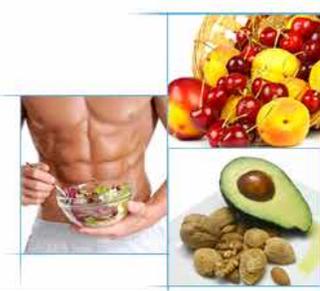
37 | **Peaches:** A study published in October of 2009 reported that significant antioxidants are present in the both the flesh and skin of peaches. One of the major antioxidants in peaches, chlorogenic acid, helps scavenge free radicals -- compounds that your body acquires through exposure to pollutants, food and the environment -- to reduce the effects of aging and deter chronic diseases. This antioxidant may also help ward off cancer and reduce body inflammation.



38 | **Plums:** These tasty fruits are very low in Saturated Fat, Cholesterol and Sodium. They are also a good source of Dietary Fiber, Vitamin A and Vitamin K, and a very good source of Vitamin C. Plums get their strong anti-inflammatory properties from their high concentrations of polyphenols, which are an excellent weapon against chronic inflammation.

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39 | **Pomegranates:** Pomegranates somewhat resemble apples. They grow in shrubs or small trees. But unlike the apple, pomegranates are eaten by removing the skin and eating the small seeds inside. Pomegranates are a good source of Dietary Fiber and Folate, and a very good source of Vitamin C and Vitamin K. They are also rich in inflammation-fighting antioxidants.



40 | **Raspberry:** Raspberries are the edible fruit of a family of small, thorny shrubs. The fruit contains bioactive polyphenols including anthocyanins and ellagitannins with reported anti-inflammatory properties. The inflammation-fighting properties have recently been documented by several studies.

41 | **Red Grapes:** Delicious red grapes are high in vitamins C and K, along with a host of powerful phytonutrients. Red grapes are also very high in antioxidants, which have been shown to boost the body's inflammation-fighting response.

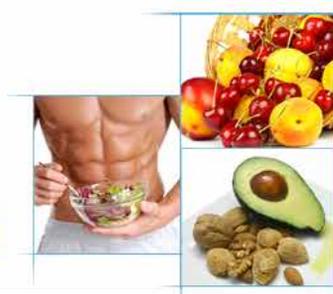
42 | **Red Wine:** Red wine contains a compound called resveratrol, which has been found to have both anti-inflammatory and anti-cancer properties.

43 | **Tart Cherries:** Tart cherries are a rich source of vitamins, minerals and antioxidants. The compounds found in cherries modulate numerous pathways to protect against other conditions associated with inflammation—including cancer, cardiovascular disease, metabolic syndrome, and Alzheimer's disease.

44 | **Unfiltered Apple Cider Vinegar:** Unfiltered apple cider vinegar is made by crushing apples and squeezing out the liquid. The anti-inflammatory properties of apple cider vinegar work to help internal inflammation within the

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gastrointestinal tract when added to salads or taken diluted with water.

45 | **Watermelon:** This traditional summer picnic staple is quickly gaining popularity as healthful addition to an inflammation-fighting diet. Second only to tomatoes, watermelon has moved up to the front of the line in recent research studies on high-lycopene foods. In addition, phenolic compounds in watermelon—including flavonoids, carotenoids, and triterpenoids—make watermelon a choice for anti-inflammatory and antioxidant health benefits.

Plant Superfoods

46 | **Aloe Vera:** Aloe vera is a low growing succulent plant. Its thick, fleshy stalks have been used for medicinal purposes for thousands of years. A number of studies have shown that aloe vera exhibits powerful anti-inflammatory effects. In particular, researchers are looking at aloe vera's high concentrations of aromatic acid salicylic acid, and its salts, the salicylates, as key sources of its inflammation-fighting power.

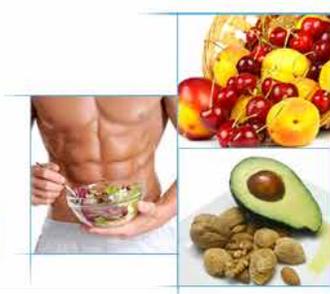
47 | **Barley Grass:** The cultivation of barley grass dates back more than 9,000 years. In addition to its many other vitamins and minerals, barley grass contains a substance called P4D1, which science has shown has a strong anti-inflammatory action.

48 | **Barley:** Barley helps to lower cholesterol, regulate blood sugar, and improves serum lipids, all of which help maintain healthy weight—critical to preventing and eliminating chronic inflammation.

49 | **Beans:** Beans are a low-glycemic-index food rich in folic acid, magnesium, potassium and soluble fiber, which combined, help fight the effects of chronic inflammation.

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50 | Black Beans: Black beans have long been a staple of many Latin American diets. They are loaded with fiber and nutrients and should be a staple in any chronic inflammation-fighting diet. The seed coat of black beans is an outstanding source of three anthocyanin flavonoids: delphinidin, petunidin, and malvidin, which are primarily responsible for the black color that we see on the bean surface. Kaempferol and quercetin are additional flavonoids found in black beans. All of these flavonoids have well-demonstrated antioxidant and anti-inflammatory properties.



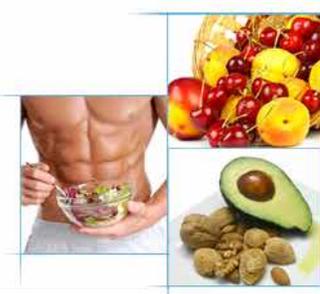
51 | Collard Greens: Collard greens are a loose, leafy vegetable low in calories and high in vitamins and minerals. In particular, collard greens contain 4 specific glucosinolates of interest: glucoraphanin, sinigrin, gluconasturtiin, and glucotropaeolin. Each of these glucosinolates can be converted into an isothiocyanate (ITC) that support the body's anti-inflammatory systems.

52 | Cocoa: The cocoa bean is responsible for the delicious taste of chocolate. Long consumed by indigenous peoples, raw cocoa is garnering attention for its many health benefits, including its capacity to fight the onset of chronic inflammation.

53 | Coffee: Evidence supporting the many health benefits of coffee is mounting. While its caffeine that gets all the attention, coffee contains literally a thousand different substances, and some of the lesser lights are thought to be responsible for many of its purported healthful effects, one of which is inhibiting the onset of inflammation.

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54 | Kidney Beans: Kidney beans are a good source of the trace mineral manganese which is an essential cofactor in a number of enzymes important in energy production and antioxidant defenses. Kidney beans' contribution to heart health lies not just in their fiber, but in the significant amounts of folate and magnesium these beans supply. Just one cup of cooked kidney beans provides more than half (57.3%) of the recommended daily intake for folate.

55 | Rhubarb: Rhubarb is a plant with long, reddish celery-like stalks topped with green leaves. Its use for medicinal purposes dates back to ancient China, as early as 27 B.C. Rhubarb contains Lindeyin, a phenolic glycoside that exhibits analgesic and anti-inflammatory activity.

56 | Wheat Grass: Wheatgrass is a food prepared from the cotyledons of the common wheat plant, *Triticum aestivum*. It is sold either as a juice or powder concentrate. Wheatgrass is used for increasing production of hemoglobin, the chemical in red blood cells that carries oxygen; improving blood sugar disorders, such as diabetes; preventing tooth decay; improving wound healing; and preventing bacterial infections. Wheat grass is an excellent source of flavonoids, which have shown great promise as an anti-inflammatory agent.

Herb & Spice Superfoods

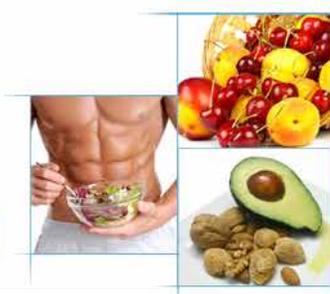
57 | Black Tea: Like its more well-known cousin green tea, black tea is rich in antioxidants. A 2012 study showed that black tea demonstrates powerful anti-inflammatory effects.

58 | Cinnamon: Cinnamon has a host of health benefits derived from three basic types of components in the essential oils found in its bark: cinnamaldehyde, cinnamyl acetate, and cinnamyl alcohol. Among its many health benefits, cinnamon helps to regulate



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blood sugar, helping to keep a healthy weight while also fighting the effects of chronic inflammation.

59 | Clove: Cloves are the nutrient-dense aromatic dried flower buds of a tree in the family Myrtaceae, *Syzygium aromaticum*. They are native to the Maluku islands in Indonesia and used in a variety of dishes. Eugenol, the primary component of clove's volatile oils, functions as an anti-inflammatory substance. Clove also contains a variety of flavonoids, including kaempferol and rhamnetin, which also contribute to clove's anti-inflammatory (and antioxidant) properties.

60 | Curry: Curry is a spice used to prepare foods in a number of eastern cultures. Interestingly, curry is not one spice, but actually a blend of five different spices. Curry contains curcumin, which has shown promise in the fight against chronic inflammation.

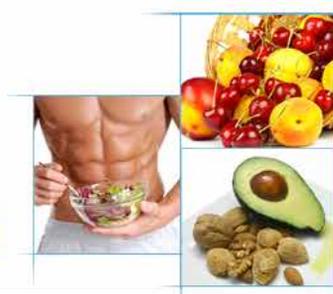
61 | Echinacea: Echinacea is an herb. Several species of the echinacea plant are used to make medicine from its leaves, flower, and root. According to some researchers, echinacea seems to activate chemicals in the body that decrease inflammation.

62 | Garlic: Garlic is an herb that has been used for culinary and medicinal purposes for thousands of years. Even in ancient times, people were aware of the many health benefits garlic offers. Garlic is widely used for several conditions linked to the blood system and heart, including atherosclerosis (hardening of the arteries), high cholesterol, anti-inflammation, heart attack, coronary heart disease and hypertension.

63 | Ginger: Ginger is a rhizome that is available fresh year-round. The flesh of the ginger rhizome can be yellow, white or red in color, depending upon the variety. It is covered with a brownish skin that may either be thick or thin, depending upon whether the plant was harvested when it was mature or young.

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Ginger contains very potent anti-inflammatory compounds called gingerols.

64 | Ginseng: Ginseng has been used in traditional Chinese medicine for thousands of years. It belongs to any one of 11 species of slow-growing perennial plants with fleshy roots, belonging to the genus *Panax* of the family *Araliaceae*. A growing body of research is demonstrating that ginseng can be effective in fighting chronic inflammation.

65 | Green Tea: Green tea is one of the world's most popular beverages. It is loaded with antioxidants and nutrients that have powerful effects on the body, including improved brain function, fat loss, a lower risk of cancer and inflammation-fighting providers.

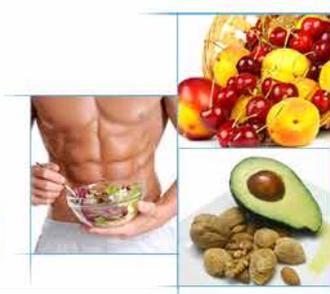
66 | Mint: Mint is a strongly scented herb used for culinary purposes in a wide variety of foods and beverages. Long prescribed by natural healers to alleviate a host of conditions, mint is gaining popularity as an anti-inflammatory agent. One recent study showed that a cup of mint tea could be as effective as an aspirin for pain relief while helping to stimulate the body's inflammation-fighting response.

67 | Peppermint: Peppermint is actually a hybrid mint, a cross between water-mint and spearmint. Like its other mint cousins, peppermint is prized for its culinary and medicinal purposes, one of which is fighting chronic inflammation.

68 | Rosemary: Rosemary is an evergreen aromatic shrub of the mint family, native to southern Europe. It also grows throughout the United States. The narrow leaves are used as a culinary herb, in perfumery, and as an emblem of remembrance. Rosemary is emerging as an effective means of fighting chronic inflammation. Anti-inflammatory actions also have been illustrated using rosemary extracts. In two separate studies, rosemary exhibited inhibitory activity against lipid peroxidation and activation of antioxidant enzymes as well as the ability to stabilize and protect normal cellular membranes against radical propagation.

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69 | **Sage:** Sage is a herb native to the Mediterranean, belonging to the Lamiaceae (the mint) family along with other herbs, such as oregano, lavender, rosemary, thyme, and basil. Sage is rich in antioxidants (apigenin, diosmetin, and luteolin) and important nutrients, such as vitamin K. Researchers at the University of Vienna, Austria published a study in the Journal of Ethnopharmacology suggesting that sage has important anti-inflammatory properties.

70 | **Turmeric:** The health benefits of turmeric are derived from curcumin, the substance in turmeric which also provides its yellow color. Curcumin has very powerful anti-inflammatory and antioxidant properties. Turmeric's anti-inflammatory traits make it an excellent food for fighting chronic inflammation.

71 | **White Willow Bark:** The use of willow bark dates back thousands of years. The bark of white willow contains salicin, which is a chemical similar to aspirin (acetylsalicylic acid). In combination with the herb's powerful anti-inflammatory plant compounds (called flavonoids), salicin is thought to be responsible for the pain-relieving and anti-inflammatory effects of the herb. In fact, in the 1800s, salicin was used to develop aspirin. White willow appears to bring pain relief more slowly than aspirin, but its effects may last longer.

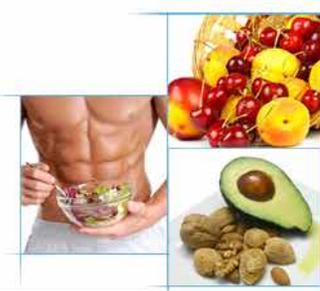


Nut & Seed Superfoods

72 | **Almonds:** Almonds are an excellent source of healthy fats that help lubricate joints, fight pain and optimize metabolic system function.

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73 | Borage Oil: Borage seed oil has one of the highest amounts of γ -linolenic acid (GLA) of all seed oils. GLA has been shown to inhibit leukotriene synthesis, giving it strong anti-inflammatory properties.

74 | Cashews: Cashews are high in healthy, natural fats that support joint health and fight chronic inflammation. About 75% of the fat found in cashews is unsaturated fatty acids, plus about 75% of this unsaturated fatty acid content is oleic acid, the same heart-healthy monounsaturated fat found in olive oil.



75 | Chia Seeds: *Salvia hispanica*, commonly known as chia, is a species of flowering plant in the mint family, Lamiaceae, native to central and southern Mexico and Guatemala. Chia seeds are rich in omega-3 fatty acids, which are some of the most powerful anti-inflammatory compounds found in nature. These little black seeds contain more omega-3 fatty acids by weight than salmon.

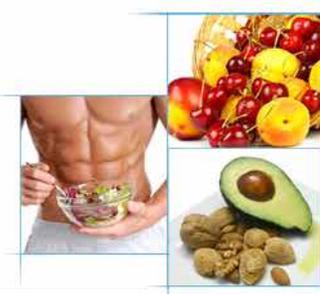
76 | Coconuts: Coconuts produce fleshy meat, milk and oil, all of which are full of health-boosting vitamins and minerals. More recently, studies are confirming that coconuts and their by-products can inhibit inflammation.

77 | Coconut Oil: Coconut oil is extracted from the kernel or meat of matured coconuts harvested from the coconut palm (*Cocos nucifera*). Coconut oil is high in saturated fat but don't let that fool you into thinking it's not healthy. Saturated fats are actually good for the body because it supports healthy body function, including warding off the signs and symptoms of chronic inflammation.

78 | Flax Seeds: Flax seeds have emerged as an important tool in promoting optimal health and body function. Recent studies have found that two

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components in flaxseed, ALA and lignans, may reduce the effects of chronic inflammation.

79 | **Grape Seed Oil:** Grape seed oil is pressed from the seeds of grapes. It is most often used in salad dressings and baked goods. Grape seed oil has several important health benefits. It is a good source of essential fatty acids and vitamin E. The polyphenols and flavonoids found in this oil contain strong antioxidant compounds. These compounds are what give grape seed oil its strong inflammation-fighting properties.

80 | **Pumpkin Seeds:** Pumpkin seeds contain essential omega fatty acids, vitamin A and vitamin E. The anti-inflammatory properties of pumpkin seeds can help reduce inflammation and pain without the side effects that come with over the counter drugs. They are a natural way to beat the symptoms of chronic inflammation.

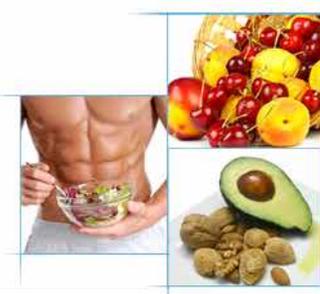
81 | **Hemp Seeds:** Hemp seeds are a rich source of gamma-linolenic acid, an omega-6 fatty acid that fights inflammation, improves skin health and provides a host of other health benefits.

82 | **Lentils:** Lentils are a global favorite served as a main course, in soups or as a side dish. But it's not just their hearty flavor that makes them so popular—but their numerous health benefits too. Like other legumes, lentils are rich in fiber and loaded with inflammation-fighting vitamins and minerals.

83 | **Macadamia Nuts:** Macadamia nuts are a rich source of energy. They are packed with numerous health-benefiting nutrients, minerals, antioxidants and vitamins that are essential for optimum health and wellness while also helping to fight chronic inflammation. 100 g of macadamia provides 8.6 g or 23% of daily-recommended levels of dietary fiber. Additionally, they are a very good source of phytosterols such as β -sitosterol.

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84 | **Nut Butter:** Nut butter is a spreadable foodstuff made by crushing nuts. The result has a high fat content and can be spread and used just like regular butter. The fats in nut butter help promote optimal health, lubricate joints and are effective against chronic inflammation.

85 | **Pecans:** Pecans come from a large deciduous tree native to North America and Mexico. Pecans are rich in magnesium – a mineral known for its anti-inflammatory benefits. One study found that inflammatory indicators in the body such as CRP (C-reactive protein), TNF (tumor necrosis factor alpha), and IL6 (interleukin 6) were all reduced when magnesium intake was increased. These results suggest that pecans can be effective in warding off chronic inflammation.

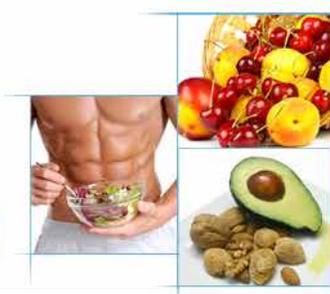
86 | **Pistachios:** A 2009 study found that bioactive compounds in pistachios, and molecules present in pistachios, have anti-inflammatory properties. Pistachio oil decreases levels of an inflammatory marker known as "lfit-2." Pistachios are nutrient dense-- providing protein, fiber, micronutrients, plant sterols, gamma-tocopherol and other phytochemical compounds, including flavonoids and phenolic compounds. Overall, they are an excellent weapon in the war against chronic inflammation.



87 | **Psyllium:** Psyllium is a soluble fiber used primarily as a gentle bulk forming laxative in products such as Metamucil. It comes from a shrub like herb called *Plantago ovata* that grows worldwide but is most common in India. Each plant can produce up to 15,000 tiny, gel coated seeds, from which psyllium husk is derived. The soluble fiber found in psyllium husks can help lower cholesterol and fight the effects of chronic inflammation.

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That Stop Your Joint Pain & Inflammation



88 | **Sesame Seeds:** People have been eating sesame seeds for thousands of years. Sesame seeds are rich in vitamins and minerals that support healthy body function. They are also rich in copper, which is known for its anti-inflammatory and antioxidant properties, which help reduce swelling associated with chronic inflammation. Additionally, copper helps provide strength to blood vessels, bones, and joints.

89 | **Sunflower Seeds:** Sunflower seeds are an excellent source of vitamin E, the body's primary fat-soluble antioxidant. Vitamin E travels throughout the body neutralizing free radicals that would otherwise damage fat-containing structures and molecules, such as cell membranes, brain cells, and cholesterol. By protecting these cellular and molecular components, vitamin E has significant anti-inflammatory effects.

90 | **Walnuts:** Walnuts are often referred to as the 'king' of anti-inflammatory nuts. They are a rich source of alpha-linolenic-acid (ALA), which is the precursor to the omega-3 fatty acids DHA and EPA. The body converts the ALA found in walnuts to EPA and DHA, both of which can fight chronic inflammation.

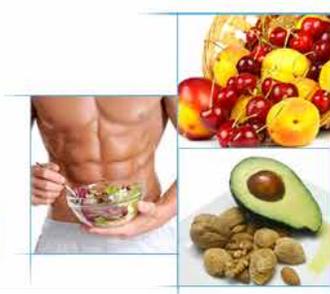


Meat Superfoods

91 | **Anchovies:** Anchovies are an oily fish. Three-and-a-half ounces of anchovies contain almost a gram and a half of omega-3 fatty acids. The omega-3 fatty acids help regulate the prostaglandins, which play a role in fighting the effects of chronic inflammation.

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92 | Black Cod: This fish can contain as much omega-3 (EPA and DHA) as salmon. It also has many of the other nutrients found in salmon as well, such as vitamin B12. Combined, these properties help ward off chronic inflammation.

93 | Chicken: Chicken is one of nature's best natural sources of protein. It is packed with healthy vitamins, minerals and nutrients. Chicken also include high levels of inflammation-fighting fats.



94 | Eggs: Eggs are packed with healthy vitamins and minerals that support healthy body function and help the body fight inflammation. Eggs are also a good source of choline. One egg yolk has about 300 micrograms of choline. Choline is an important nutrient that helps regulate the brain, nervous system, and cardiovascular system.

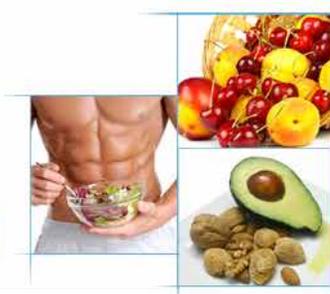
95 | Grassfed Beef: If the beef you are eating is not sold as "grass-fed," it means the cows were fed a high-calorie diet of corn and grain in an effort to fatten them quickly. While fatter cows may command a higher dollar at auction, they do not provide the same health benefits as do their leaner counterparts. Grass-fed cows are leaner, and their meat is rich in healthy compounds such as omega-3 fatty acids and vitamin E, both of which help the body fight chronic inflammation.

96 | Herring: The chronic inflammation-fighting properties of herring stem from rich concentrations of omega-3 fats and vitamin-D.

97 | Mackerel: This oily fish is rich in essential oils, vitamins and minerals. Omega-3 and omega-6 fatty acids occur in high quantities in this fish. It contains vitamins A, B6, B12, C, D, E and K, all of which can help fight the effects

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of chronic inflammation.

98 | Salmon: Besides being an excellent source of protein, salmon is also rich in joint-cushioning omega-3 fats. Also, salmon contains small bioactive protein molecules (called bioactive peptides) that may help fight chronic inflammation by providing special support for joint cartilage, insulin effectiveness, and control of inflammation in the digestive tract.



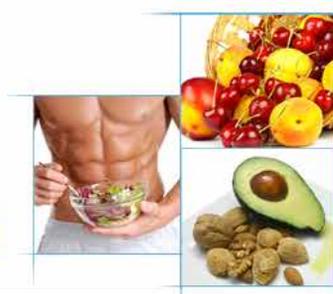
99 | Sardines: Sardines are rich in numerous nutrients that have been found to support optimal health while reducing the effects of chronic inflammation. Sardines are excellent sources of protein, vitamin B, omega-3 fats, vitamin D and more.

100 | Tuna: This is one of nature's best food sources, rich in protein and omega fats. In particular, tuna has omega-3 fatty acid, which helps prevent high blood pressure. Another benefit of the omega-3 fatty acid found in tuna is its ability to reduce the risk of obesity while improving the body's insulin response. Omega-3 fatty acid is able to stimulate a hormone called leptin, which helps the body's metabolism while regulating the body's weight and food intake. Tuna is also low on the glycemic index (GI) with a GI rating of 0, and is low in both calories and fat, making it a good food choice for those struggling with obesity.

101 | Turkey: Protein-rich turkey has recently been shown to fall into a group of high-protein foods that can help keep post-meal insulin levels within a desirable range. In addition, free-range turkey has higher levels of omega fats, which can help lubricate joints and fight chronic inflammation.

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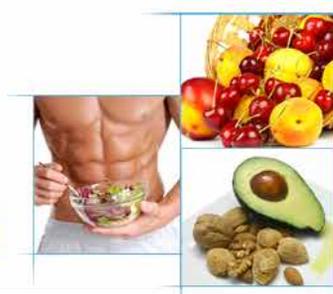
Other Superfoods

- **Bee Pollen:** Bee pollen is a mass of pollen that has been packed by worker honeybees into granules with added honey or nectar. It is taken as a nutritional supplement. Several recent studies have shown that bee pollen is effective against inflammation. The anti-inflammatory effect seems to stem from inhibition of NO production and inhibition of COX-2.
- **Royal Jelly:** Royal jelly is a substance secreted by honeybee workers and fed by them to larvae which are being raised as potential queen bees. It is high in flavonoids, which have been reported to exhibit a wide range of biological activities, including fighting inflammation.
- **Spirulina:** Spirulina is actually a member of the algae family. It is loaded with essential vitamins and nutrients that fight inflammation. Spirulina helps fight chronic inflammation by supporting healthy cholesterol and blood sugar levels.
- **Water:** Our bodies are mostly made up of water so it shouldn't be surprised that drinking water supports healthy metabolic function. Water helps keep our systems running smoothly and provides vital lubrication of the joints. Keeping joints well-lubricated can help prevent the onset of chronic inflammation.



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Hydration and Its Effect on Pain

More than one-half of the human body is made up of water. The amount of water in the human body ranges from 50-75%. The average adult human body is 50-65% water, averaging around 57-60%. Individually, body composition varies according to gender and fitness level. This is because fatty tissue contains less water than lean tissue.

The average adult male is about 60% water. The average adult female is about 55% water because women naturally have more fatty tissue than men. The body's percentage of water also depends on hydration level. For example, by the time you feel thirsty when doing physical activities, you've already lost around 2-3% of your body's water.



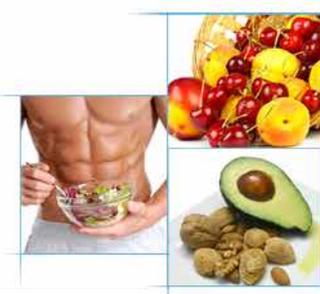
Given that our bodies are mostly comprised of water, it is no surprise that water is necessary to life. Humans can survive for weeks without food but without water—survival is not possible. Water regulates the body's temperature, cushions and protects vital organs, and is necessary for the digestive system to function properly.

Water also acts within each cell to transport nutrients and dispel waste. And, because water composes more than half of the human body, it is impossible to sustain life for more than a week without it.

Dehydration leads to a host of problems. For example, when dehydrated, our internal cleansing system becomes congested and stagnates, which leads

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to additional problems such as the slow-down of the body's healing and pain management mechanisms.

Joint pain and joint swelling can also be the result of joint dehydration. The cartilage that protects the surface of our bones at the joints contains water. When the joint is hydrated, friction is minimal—when it is dehydrated, there is less cushion, friction occurs which leads to inflammation.

Dehydration also suppresses the body's immune responses, which in turn, inhibits its ability to recover from injury, mitigate and manage pain. Keeping well hydrated is essential to keeping the body's healing mechanisms in top shape.

In 2004, the Food and Nutrition Board updated its dietary reference intakes for water. The Board determined that women should consume 2.7 liters (91 ounces) each day and that men should consume 3.7 liters (125 ounces) of water each day—both through drinking and eating.

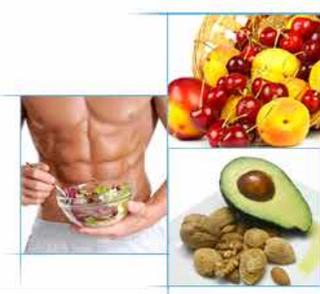
People who are active of course require more water, particularly if they're exercising in hot weather. It is possible to meet the body's water needs over the course of a day through a variety of fluids and foods including juices, smoothies, teas, soups, fruits and vegetables.

To keep your body healthy and fully prepared to deal with any injuries and pain that might occur, it is important to drink even before signs of thirst appear. Given that by time we feel thirsty, we've already lost 2-3% of water, thirst is a signal that your body is already on the way to dehydration.

It is important to drink more than thirst demands and to continue to drink throughout the day. One good strategy for assessing your hydration level is to monitor your urine. It should be plentiful and pale yellow unless you are taking supplements, which will darken the color for several hours after consumption.

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The Truth about FAT

Fats get a bad rap. They're assumed to be the bad guy behind all sorts of chronic health problems and conditions. Fats are perceived to be the 'villain' that causes obesity, heart disease, high cholesterol and more. To increase sales and address public fears about fat, back in the 1980s the food industry started rolling out low-fat and fat-free foods and beverages.

But here we are 30 years later and Americans are fatter and healthier than ever before.

While the overall health and lifespan of persons living in other parts of the world is on the rise, here in the United States, we're falling farther and farther behind. Why is this? Part of the answer stems from the fact that there are a lot of misconceptions about fat that just aren't true.

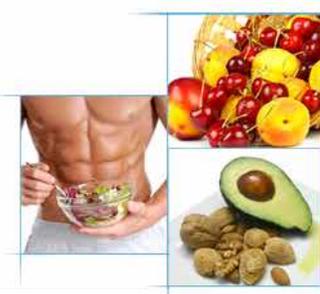
The truth is that fats perform essential functions in our bodies and are necessary for optimal health. It is important to understand that not all fats are created equal and despite what you may have read over the last 20 years, not all fats are bad.

In fact, if you think about it, fats have only been considered 'bad' for the last two or three decades, just about the time that the obesity problem in the United States really began to spike. For generations, millions of people ate all kinds of fats every day of their lives and didn't get fat. Not only did they eat more fat but their overall instances of disease and poor health were considerably lower than what we see today.



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Around the world, farmers, native peoples and others who grew, raised or hunted their food never considered whether or not they were eating lean or fatty meats, fish or poultry—they just ate it, consuming every edible part. They did not stop to think, “Is this saturated fat, unsaturated fat, monounsaturated fat or polyunsaturated fat?” They instinctively knew that the food they were eating was nutritious and provided everything they needed to survive and maintain good health.

And interestingly, despite their ‘unenlightened’ state, incidents of colon cancer, heart disease and many other chronic ailments were significantly lower than what you see today.

Today, many of the so-called experts insist that we should only be eating lean meats and that we should avoid saturated fats like those that are found in red meats, real butter, whole milk, cheeses and more. And that these evil culprits raise ‘bad’ LDL cholesterol rates and increase the risk of developing heart disease.

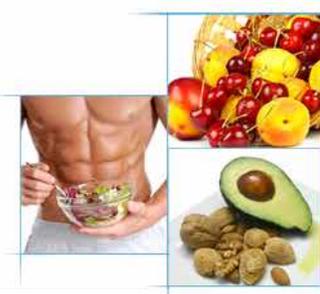
Fortunately, today we are beginning to understand that this is just not true and that in order to be truly healthy, we need to stop blaming fats—including saturated fats—for our health woes and realize that they are a vital part of a healthy diet.

Let’s take a look at the various fats that are part of our food choices.

- **Monounsaturated Fat:** This is a type of fat found in a variety of foods and oils. Monounsaturated fats have for the most part, been considered the ‘good’ fats that provide the most health benefits such as improving blood cholesterol levels.
- **Polyunsaturated Fat:** This is a type of fat found mostly in plant-based foods and oils. This fat is also considered to be a ‘good’ fat that lowers blood cholesterol and reduces the risk of heart disease. Omega-3 is a polyunsaturated fat.

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- **Saturated Fat:** This is a type of fat that comes mainly from animal sources of food such as meats. The addition of saturated fat to the diet helps reduce the levels of a substance called lipoprotein that correlates strongly with risk for heart disease. It has also been shown to help calciums effect on making your bones stronger, improves overall liver health, helps create healthier lung function as well as improving brain function and boosting your immune system.

DANGER

Trans Fat: This is a type of fat that occurs naturally in some foods, especially foods from animals. But most trans fats are made during food processing through partial hydrogenation of unsaturated fats.

Looking at the list above we see that two of the supposed bad fats occur in nature, in foods that our ancestors have happily eaten for thousands of years. They consumed both the good fats and the bad fats but yet were not obese and had lower instances of heart disease, cancer and other dangerous health conditions.

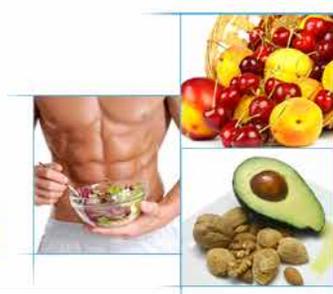
The fact of the matter is that there is a growing body of research showing that all of the fats that occur in nature are essentially good for us.

For example, three groups of researchers have recently weighed data from all available large, long-term studies that have tracked saturated-fat intake and heart attacks or strokes. All three found no association between saturated fat and heart attacks or strokes. People who consumed the highest levels of saturated fat had about the same rates of heart disease as people who consumed the least.

Based on what we are learning now, it seems that it's not the type of fat we consume that matters but rather the source. That whether or not the fat is man-made or natural is the determining factor. Man-made trans fats and hydrogenated oils, margarines and other products laden with artificial ingredients are the ones to be avoided—not the naturally-occurring fats.

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Your 7 Day Anti-Inflammatory Meal Plans

Introduction to Meal Plans

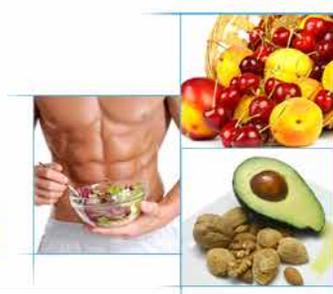
What you eat is directly linked to your pain. If you have a high level of food that leads to inflammation in your body, this will increase your pain which will prevent you from (or result in):

- A.) Doing what you enjoy doing
- B.) Slow you down
- C.) Prolong your recovery.



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If you have pain, you need to take what you eat seriously. In recent research it showed that exercise was not enough to recover from knee pain, you needed to improve your diet and exercise in order to overcome your knee pain. I feel the same applies to other pain in the body like the back, shoulder, neck, hip, foot, etc.

Below you will find a list of meal plans. The meal plans give you ideas of what to eat in order to follow the Ultimate 7-Day Anti-Inflammatory Diet.

There are ideas for breakfast, lunch, snacks and dinner. I encourage you to use the meal plans for ideas on what you can eat in order to follow the Ultimate 7-Day Anti-Inflammatory Diet. With every day, keep track on how your pain is feeling. It is not going to go away in one day but you should see it decreasing with every day.

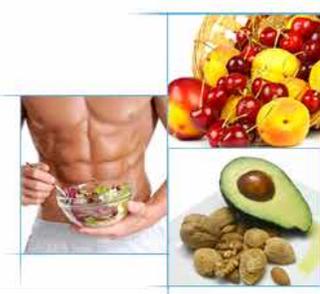
After the 7 days, if you have had a significant improvement in your pain, then I encourage you to try to continue on with the diet. You can slowly introduce what you regularly eat and try to pin point the food that inflames your body leading to your pain. When you do isolate the one or few things that inflame you, then work on minimizing or eliminating it from your diet.

Take action.

Enjoy the meal plans and say goodbye to your pain.

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7 Day Meal Plans

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
|-----------|---|-----------------------------------|---|---|--|---|---|
| Breakfast | Oatmeal with frozen berries | Strawberry and spinach smoothie | Scrambled eggs with avocado and peppers | Oatmeal with chopped up apple | Mango berry smoothie | Nut and seed granola (avoid peanuts) | Fresh bowl of fruit (try to avoid citrus fruits) |
| Lunch | Butternut squash soup | Green salad with hard-boiled eggs | Corn soup | Lettuce wrap with chicken, tomato and avocado | Falafel patties | Romaine lettuce salad topped with carrots, tomatoes, red onions and cucumber with olive oil as the dressing | Rice noodle wraps |
| Snack | Carrots, celery or radishes with hummus | Rice crackers with almond butter | Organic corn chips and fresh salsa (make sure there is no gluten) | Trail mix (raw almonds, shredded coconut, raisin, walnuts, cashews, dried apples) | Organic dark chocolate almonds | Apple chips | Cashews and raisins |
| Dinner | Grilled turkey burger with green salad | Phad Thai (not peanuts) | Chili made with ground turkey, kidney beans, black beans, corn | Green curry with vegetables, chicken and brown rice | Wild salmon sprinkled with oregano, sweet potato and steamed asparagus | Chicken stir-fry with broccoli, peppers, bok choy, bean sprouts | Rosemary skinless chicken with roasted vegetables |

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Grocery List

FRUITS

Strawberries
Mango
Mixed frozen berries
Shredded coconut

VEGETABLES

Spinach
Butternut squash
Mixed green salad
Romaine lettuce
Red onion
Olive oil
Tomatoes
Avocado
Carrot
Cucumber
Celery
Radishes
Raisin
Garlic
Green onions
Rosemary
Broccoli
Peppers
Bok choy
Bean sprouts

GRAINS AND NUTS

Oatmeal
Raw almonds
Walnuts
Cashews
Rice noodles
Rice paper

MEATS

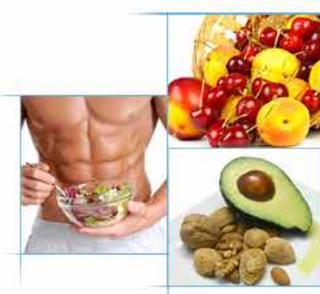
Eggs
Chicken
Chicken broth

PREPARED FOODS

Falafel (gluten
and wheat free)
Organic corn chips
Fresh salsa (no
gluten)
Organic dark
chocolate almonds
Apple chips
Dried apples
Nut and seed
granola
Turkey burgers

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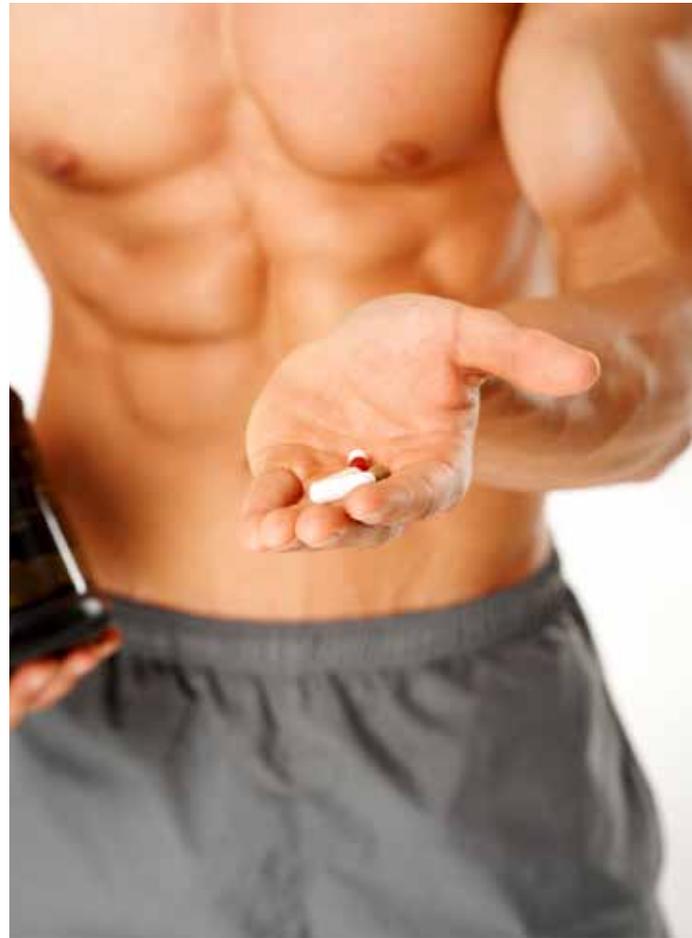


BONUS SECTION: Effective Supplements for Pain Relief

The human body is nothing less than amazing. All we have to do is take care of it by providing it with proper nutrition, exercise and plenty of rest, and it takes care of everything else. For instance, when we catch a cold, we don't have to "tell" the body what to do—it already knows how to deal with the situation. At the first sign of a cold, it issues marching orders to its defense systems and they take over.

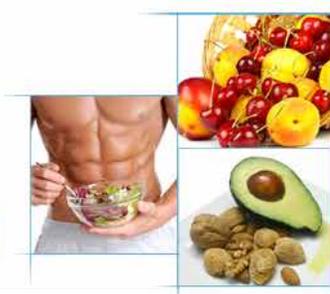
It's the same with recovery after training. We don't need to tell the body what to do. It knows what to do and just asks that we provide it with the optimal conditions in which to do its job. The body gets its fuel to facilitate the recovery process from the foods we eat. That's why it's especially important for health and fitness enthusiasts to focus on eating quality proteins, complex carbohydrates and healthy fats.

It is from these that the body manufactures the tools of recovery. And in our case, the tools of recovery are the substances that our muscles need to recover and get bigger and stronger. In a perfect world, we would get 100% of the substances we need to recover from the foods we eat.



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Sadly, in today's modern world that's not always possible. Modern technologies and processes allow us to have convenient access to food that wasn't possible a couple generations ago, but along the way, a good portion of the nutritional content gets lost. That's where nutritional supplements come into the picture.

In addition to eating healthy, taking supplements can help ensure that our muscles have ready access to everything they need for the recovery process. Remember that the purpose of supplements is to "supplement" our diet, not to be the sole source. Here are some of the supplements most effective in helping the body recover:

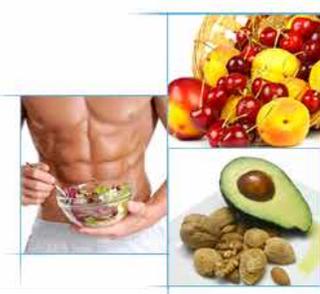
Protein: This is the granddaddy of supplements because protein is the primary building block of muscle. You absolutely must have an ample supply of protein in order to add lean mass and increase strength. Proteins are organic compounds made up of carbon, hydrogen, oxygen and nitrogen. It is the presence of the nitrogen which sets protein apart from other nutrients. Since we have no other source of nitrogen (being unable to absorb it from the air, like plants can), one of the most important roles of protein is to bring nitrogen into the body. Protein powder is generally consumed immediately before and after exercising, or in place of a meal. Having sufficient protein intake allows for efficient growth and repair of muscle tissue. The different types of protein powder are whey, casein, white eggs, soy, etc.



Chondroitin: Chondroitin sulfate is produced naturally by the body. It is usually found attached to proteins as part of a proteoglycan. Its role is to provide elasticity to bone cartilage and in doing so, helping to ease training-induced trauma to the joints.

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Glucosamine: Another naturally occurring compound. It is found in cartilage, synovial fluid, and other components of joints. Like chondroitin, it aids in flexibility and elasticity. Glucosamine and chondroitin are often combined into a single capsule or powder.

Glutamine: This is the popular name for L-Glutamine. Glutamine can be found in protein powders, beans, meats, fish, poultry, dairy products. It is the most abundant amino acid (building block of protein) in the body. Stored in the muscles, it strengthens the immune system and aids in recovery after training.

MSM: Methylsulfonylmethane (MSM) is a naturally-occurring nutrient found in small amounts of many foods. Studies have shown that it is effective in increasing joint comfort and supporting a normal range of motion, which is important after a strenuous workout.

Shark Cartilage: This is what it sounds like—processed cartilage taken from sharks. It has been touted as being effective against a host of conditions but it is most often taken to improve joint function and help speed post training recovery.

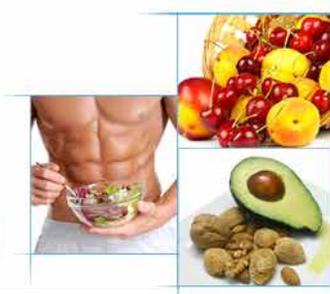
Boswellia Serrata Extract: Boswellia is an herb that is believed to be effective as an anti-inflammatory and promote joint health. It is believed to increase absorption and bioavailability (thereby making any other supplement ingredient dosages more effective).

Boron: This is an important trace mineral that is believed to be effective in the relief of joint pain. In particular, it aids calcium integration into the cartilage and bone, and this can reduce pain because bones are stronger and there is additional cartilage to cushion the joints.

Piperine: This is the active phenolic component in black pepper extract, and it is believed to reduce inflammation in those who suffer from rheumatoid arthritis

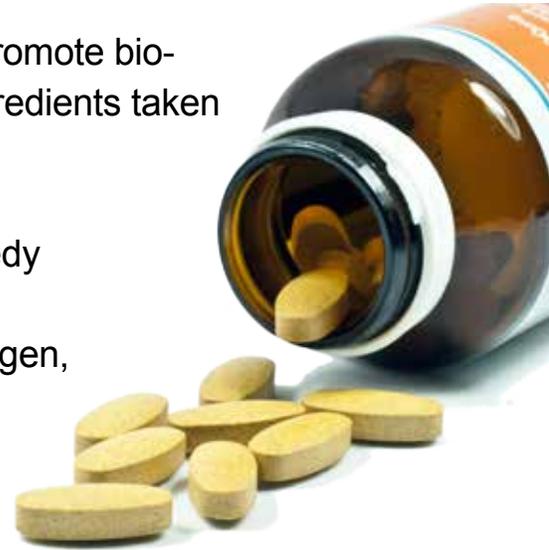
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and osteoarthritis. Similar to Boron, it is also believed to promote bio-availability of other nutrients which means more of the ingredients taken in combination with Piperine will be absorbed.

Vitamin C: Vitamin C is frequently used as a natural remedy for many conditions, but its role in joint health tends to be underappreciated. Vitamin C not only helps produce collagen, a major component of joints, but sweeps the body of destructive molecular byproducts known as free radicals, which are destructive to joints. Without vitamin C and other antioxidant nutrients, free-radical damage to joints would be much worse. One of the best-known studies looking into vitamin C and arthritis, the Framingham osteoarthritis study, found that people whose diets routinely included high amounts of vitamin C had significantly less risk of their arthritis progressing.

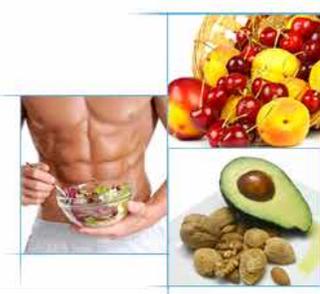


Manganese: This is a trace mineral that is found in small quantities in the bones, kidneys, liver and pancreas that is known to be an anti-oxidant that fights free radicals that attack body cells. In particular, the antioxidant superoxide dismutase (SOD) is low in people who suffer from arthritis. SOD prevents inflammation of joints, and according to clinical studies of those with osteoarthritis and rheumatoid arthritis, a combination of Glucosamine, Chondroitin and Manganese can alleviate pain.

Zinc: This is an important mineral that is believed to have a myriad of health benefits, but those specifically related to joint pain are its abilities as an inflammation and pain reducer. Zinc is not produced by the body so it needs to be added via diet and/or supplementation. In one study from the University of Washington in Seattle, people with rheumatoid arthritis supplemented with Zinc three times a day. After three months, significant improvements in morning stiffness, inflammation and swelling were reported.

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Copper: Similar to Zinc, Copper needs to be sourced from external sources and it is an effective inflammation reducer. In addition, it is also aids in growth of connective tissues and wound healing.

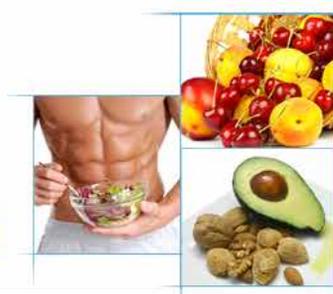
Chromium: This is an essential trace element and over 90% of U.S. adults have a deficiency of the mineral chromium because it is not readily absorbed from foods. Chromium is believed to help control glucose and insulin levels, which means it not only helps alleviate pain but it can help control weight and blood sugar levels.



[Click Here](#) to receive a discount on this supplement.

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About the Author Rick Kaselj



Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES

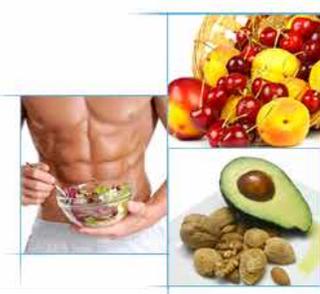
Rick Kaselj specializes in exercise rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 302 presentations to 5897 fitness professionals across Canada and USA. These courses include:

- » Core stability of the shoulder
- » Exercise rehabilitation for the shoulder, lower back, hip, or knee
- » Foam roller essentials
- » Intro and advanced core stability
- » Intro and advanced stability ball exercises
- » Postural assessment and exercise prescription
- » Injury-free running
- » Save your shoulders
- » Training for better golf

101 Superfoods

That Stop Your Joint Pain & Inflammation



Rick strives to balance his work life with his personal fitness endeavors and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

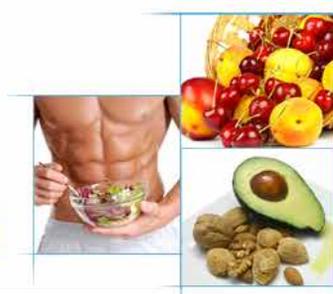
He has hiked 4,300 km along the Pacific Crest Trail from Mexico to Canada and mountain biked the 5,000 km Great Divide Mountain Bike Route over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.



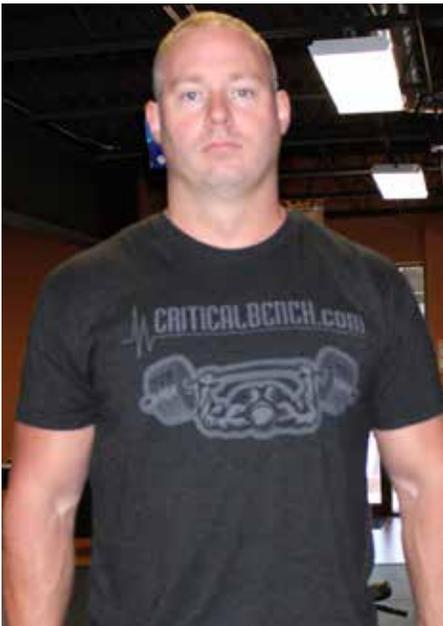
In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, writer of exercise rehabilitation and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

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About the Author Mike Westerdal, HCT, RKC



Mike Westerdal is a personal trainer, russian kettlebell instructor and founder of CriticalBench.com a fitness publishing company that helps half a million people per month achieve their strength & health goals.

With a background in sports training, powerlifting and muscle building, Mike has also been recognized as a Russian Kettlebell Certified instructor.

To overcome his own personal injuries and nagging pains, Mike and Team Critical Bench have teamed up with the industry's leading Injury Specialist Rick Kaselj, MS. Their mission is to share the Fix My Pain series and

101 Superfoods that Fight Pain and Inflammation with others that are interested in fixing their own injuries and combating pain without appointments, medications or going under the knife and TAKING CONTROL of the pain in their lives.

Connect With Mike:

Mike's Gifts For You: <http://www.freemusclegifts.com/72hours.htm>

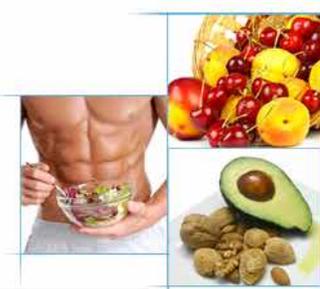
Industry Leading Solutions: <http://www.criticalbench.com/products/>

Critical Bench Facebook Fan Page: <http://www.facebook.com/criticalbench>

Critical Bench YouTube: <http://www.youtube.com/criticalbench>

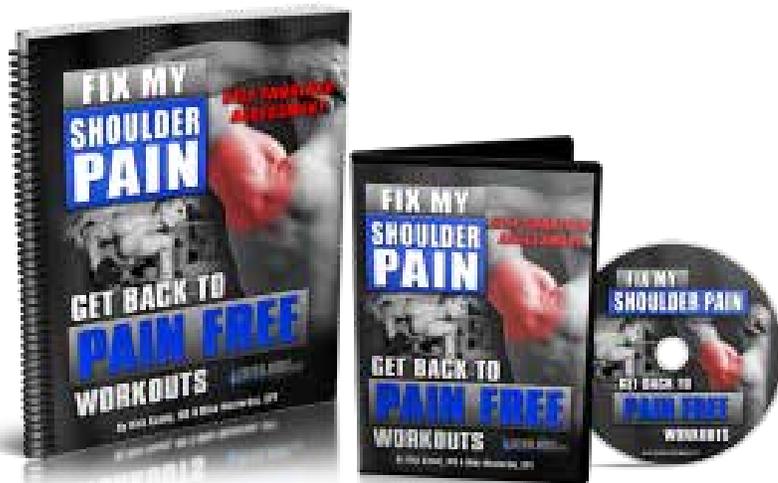
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Other Products By Rick Kaselj & Mike Westerdal

[Fix My Shoulder Pain](#)



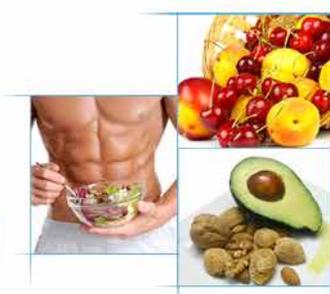
Fix My Shoulder Pain was created by Injury Specialist Rick Kaselj, MS. Utilizing his trademarked SR3 Method which is short for “Shoulder Reshaping 3-Part Method”, Rick is literally making headlines world wide. Rather than just stretching and strengthening which only provides temporary relief Rick’s Method actually reconstructs the shoulder joint from the outside and inside.

Fix My Shoulder Pain and the SR3 Method is the first shoulder injury system ever created to help you get back to pain free workouts by focusing on alignment, tissue quality and activation & endurance. The best part; this program has been specifically designed to help serious fitness enthusiasts who want to avoid expensive and time consuming appointments and would prefer an alternative to medication or surgery.

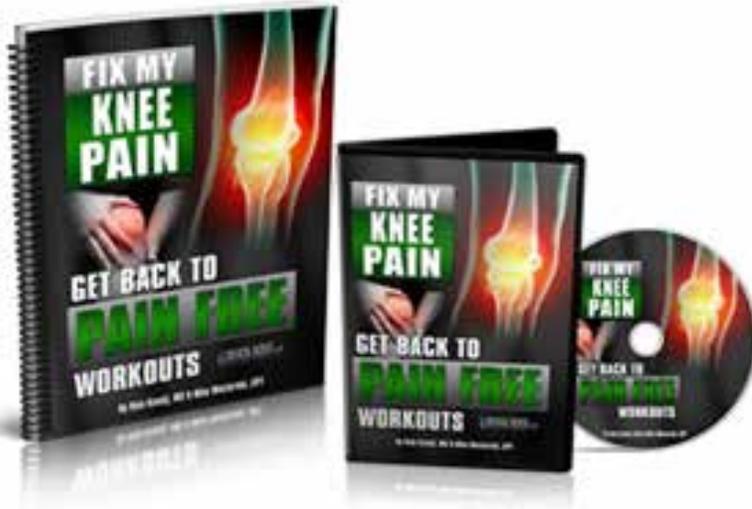
[Get Back To Pain Free Workouts By Fixing Your Shoulders Without Appointments, Medications or Surgery](#)

101 Superfoods

That Stop Your Joint Pain & Inflammation



Fix My Knee Pain



Get Back To Pain Free Workouts By Fixing Your Knees Without Appointments, Medications or Surgery.

Escape a Major Blowout & Fix Your Knees in Just Minutes... So You Can Get Back to Your 100% Intensity Pain-Free Workouts...WITHOUT Feeling Bullied Into Time-Wasting Appointments, Expensive Medications or Going Under the Knife.

[Get Back To Pain Free Workouts By Fixing Your Knees Without Appointments, Medications or Surgery](#)

Fix My Back Pain

Just Released:
Fix My Back Pain



See Our Video Trailer Or Visit:

<http://www.criticalbench.com/gains/fmbp-sale>