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# Doctors Identify Foods and Drinks That Can Cause Achy Joints

## Description

A group of experts consisting of three doctors have come forward to recommend the best diet for individuals suffering from inflammatory arthritis. In particular, conditions such as rheumatoid arthritis and gout can greatly benefit from following an anti-inflammatory diet, as stated by the doctors.

This diet primarily includes foods that are already known to be beneficial for overall health, such as leafy green vegetables, nuts, and fatty fish like salmon, mackerel, tuna, and sardines, which contain omega-3 fatty acids known for their anti-inflammatory properties. Additionally, fruits such as berries and oranges, rich in antioxidants, are also recommended for those experiencing joint pain.

Two of the doctors highlighted the Mediterranean diet as an ideal eating plan for individuals with achy joints, as it naturally incorporates anti-inflammatory foods. This diet focuses on whole grains, vegetables, and fish while limiting the consumption of meat and processed foods. Research has supported the correlation between the Mediterranean diet and improved symptoms of rheumatoid arthritis.

Not only does an anti-inflammatory diet aid in managing joint pain, but it also promotes overall health and can help prevent chronic diseases like heart disease, type 2 diabetes, Alzheimer's disease, and certain types of cancer. Therefore, it is recommended for everyone to follow this type of diet, not just those with inflammatory arthritis.

For individuals seeking guidance on managing joint pain, consulting with a healthcare provider is advised. While diet alone may not completely alleviate the pain, making dietary changes is a positive step in the right direction for overall wellbeing. By adopting an anti-inflammatory diet, not only will individuals benefit, but those around them will also experience the positive effects of healthier eating habits.

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## Vocabulary List:

1. **Inflammatory** // (adjective): Relating to or causing inflammation
2. **Arthritis** // (noun): Inflammation of one or more joints
3. **Recommend** // (verb): To suggest or endorse as suitable/beneficial or best
4. **Benefit** // (noun/verb): Gaining advantage or good results to be advantageous
5. **Nutrients** // (noun): Substances that provide nourishment essential for growth and maintaining life
6. **Antioxidants** // (noun): Substances that inhibit oxidation or reactions promoted by oxygen/peroxides or free radicals

## Vocabulary quizzes



**Multiple Choice ( Select the Correct answer for each question. )**

1. Which term describes a significant change or transformation in a particular field?  
Option: Revolutionizing  
Option: Arthritis  
Option: Inflammatory  
Option: Euphoria
2. What term refers to the degree to which a substance can damage an organism?  
Option: Benefit  
Option: Antioxidants  
Option: Toxicity  
Option: Sensitivity
3. What is the term for intense desires for a particular type of food?  
Option: Cravings  
Option: Influx  
Option: Insulin  
Option: Stimulates
4. Which term relates to the treatment or healing of a disease or condition?  
Option: Innovative  
Option: Stability  
Option: Therapeutic  
Option: Conscious
5. What word is used to describe something that brings about a significant and fundamental change?  
Option: Innovative  
Option: Revolutionizing  
Option: Influx  
Option: Recommend
6. Which term describes a biological response to harmful stimuli such as pathogens or damaged cells?  
Option: Euphoria  
Option: Arthritis  
Option: Inflammatory  
Option: Regulates
7. What hormone is responsible for regulating blood sugar levels in the body?  
Option: Insulin  
Option: Sensitivity  
Option: Stability



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Option: Nutrients

8. Which term refers to the excessive or unnecessary use of something?

Option: Benefits

Option: Antioxidants

Option: Overuse

Option: Resistant

9. What term describes the susceptibility of an organism to react to certain factors?

Option: Infectious

Option: Stability

Option: Sensitivity

Option: Well-being

10. Which term relates to being aware of and able to think about and control one's actions?

Option: Toxicity

Option: Conscious

Option: Reassured

Option: Traces

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. The company prides itself on its \_\_\_\_\_ approach to product development.

12. Regular exercise can contribute to overall health and \_\_\_\_\_.

13. The endocrine system \_\_\_\_\_ hormone levels in the body.

14. By practicing mindfulness one can become more \_\_\_\_\_ of their thoughts and emotions.

15. Understanding your food \_\_\_\_\_ can help you make healthier choices.

16. People with diabetes may require regular injections of \_\_\_\_\_ to manage their blood sugar.

17. Health experts \_\_\_\_\_ incorporating more fruits and vegetables into your diet.

18. Exercise \_\_\_\_\_ the release of endorphins which can improve mood.



19. Some people find gardening to be a \_\_\_\_\_ and stress-relieving activity.
20. Exposure to high levels of certain chemicals can lead to toxicity and adverse health effects.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Regular exercise has numerous positive effects on overall health and well-being.
22. Fruits and vegetables are rich in compounds that help combat oxidative stress in the body.
23. The sudden surge in demand for a specific product became a surprising economic phenomenon.
24. The winning team celebrated with a sense of euphoria and joy.
25. The city experienced an influx of tourists during the holiday season.
26. Health authorities monitored the recent outbreak of a contagious virus.
27. Scientists studied the effects of various pathogenic bacteria on human health.
28. Doctors and nutritionists recommended a balanced diet for optimal health.
29. Certain bacteria have become increasingly resistant to antibiotics over time.
30. Being environmentally conscious involves making choices that minimize negative impact on the planet.

## Answer

**Multiple Choice:** 1. Revolutionizing 2. Toxicity 3. Cravings 4. Therapeutic 5. Revolutionizing 6. Inflammatory 7. Insulin 8. Overuse 9. Sensitivity 10. Conscious

**Gap-Fill:** 11. innovative 12. stability 13. regulates 14. conscious 15. cravings 16. insulin 17. recommend 18. stimulates 19. therapeutic 20. toxicity

**Matching sentence:** 1. benefit 2. antioxidants 3. phenomenon 4. euphoria 5. influx 6. outbreak 7. pathogenic 8. recommended 9. resistant 10. conscious

## CATEGORY

1. Health - LEVEL6

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