



Ernährungstherapie bei Arthritis und Arthrose (German Edition)

Sven-David Müller

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Skript aus dem Jahr 2011 im Fachbereich Ernährungswissenschaft / Ökotrophologie, , Sprache: Deutsch, Abstract: Etwa 10-15 Prozent aller Patienten leiden an entzündlichen oder degenerativen Krankheiten des Bewegungsapparates. Dabei wird der Anteil der entzündlichen-rheumatologischen Erkrankungen - Rheumatoide Arthritis - in Deutschland mit rund 2,5-3 Prozent der Bevölkerung veranschlagt. Diese Zahlen verdeutlichen nicht nur die Notwendigkeit einer aktuellen Information für Betroffene und Interessierte über die Vorbeugung, Diagnostik und Therapie der Erkrankungen des Bewegungsapparates, sondern widerspiegeln ebenso die gesundheitspolitische Relevanz dieser Krankheitsgruppe.

Menschen, die unter rheumatoider Arthritis leiden, profitieren von einer entzündungshemmenden Ernährungstherapie, wie sie in diesem Buch beschrieben wird. Diese Kost ist arm an entzündungsförderlicher Arachidonsäure und reich an Omega-3-Fettsäuren, die entzündliche Reaktionen herabsetzen. Gicht- und Arthrosebetroffene profitieren zudem von einer gesunden, ausgewogenen Kost, die Übergewicht abbaut oder vermeidet.

Der Ratgeber vermittelt nicht nur ein Grundwissen zu den verschiedenen Erkrankungen und deren Therapie durch richtige Ernährung. Er zeigt Ihnen auch, welche Lebensmittel Sie meiden sollten und welche Speisen und Getränke Sie unbesorgt genießen können.

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