



EMMA SUTHERLAND

Your Health Partner – Integrating Complementary Medicine into Your Life
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Anti Arthritis Diet

Often it is difficult for patients to know what therapeutic foods they should be eating for their individual health issues. That led me to putting together this guide and it offers very practical and easy advice for you. “Let food be thy medicine and medicine be thy food” said Hippocrates over 2,000 years ago and this is even more relevant with our nutrient poor, fast food rich diets. I encourage you to share my passion of wholesome, organic foods! Emma
xxx

Shopping guide

Best foods

Mango, sweet potato, kale, cantaloupe, spinach, broccoli, sunflower seeds and oil, walnuts, tuna, salmon, sardines and all fish

Foods to choose

High in fish oils – mackerel, herring, salmon, trout, tuna

High in vitamin C – blackcurrants, kiwi fruit, strawberries, raspberries, mango, nectarine, peaches, paw paw, cantaloupe, spring, greens, kale, Brussels sprouts, cabbage, broccoli, spinach

High in Vitamin A (beta carotene) – carrots, squash, chard, spinach, greens, broccoli, mango cantaloupe

High in vitamin E – sunflower seeds, pine nuts, avocado, almonds, hazelnuts, avocado, tuna, salmon, chickpeas, brazil nuts, spinach

High in selenium- walnuts, lentils, tuna, squid, sardines, Brazil nuts

Anti inflammatory – ginger, garlic, apples

Foods to avoid

Those high in saturated fat e.g. full fat dairy, cuts of meat which are fatty

Members of the nightshade family – potatoes, tomatoes, eggplant and peppers

Coffee

Alcohol

Snack ideas

Raw carrot

Handful, of Brazil nuts, almond or hazelnuts

Slice of whole meal bread with ABC spread

Breakfast

Homemade muesli with apple juice and biodynamic yoghurt

Porridge with skimmed milk and honey

Sheep’s milk yoghurt with kiwifruit/strawberries and a handful of mixed nuts



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Lunch

Lentil and coriander soup
Hummus, pita bread with a salad of greens and pine nuts
Spinach, parsley and garlic soup
Tuna and avocado sandwich on whole meal bread
Butternut pumpkin soup

Dinner

Salmon and broccoli risotto
Pork chop fillet with kale, carrot and broccoli
Grilled sardines with green salad
Spiced chicken and greens with brown rice
Tuna fillets with ginger and coriander with cous cous