

by [admin](#)

Role of Calcium in arthritis

1:47 am in [Diet](#), [Osteoarthritis](#), [Rheumatoid Arthritis](#) by [admin](#)

Calcium is very important in our diet and certainly very essential nutrient of body. Not having right quantity of calcium in the diet, can make you more likely prone to osteoporosis. **Vitamin D** is needed for the body to absorb calcium and there is some evidence that arthritis progresses faster in people who are low in it. That is why sun bath is very important and helpful in lowering pain.

1. Try to lose weight by changing your eating habits and increasing exercise (recommended on exercise) if possible, *we are not talking about crash diets*
2. Eat more fruit and vegetables, especially brightly coloured varieties
3. Take plenty of calcium- and iron-rich foods with 4 ltr of water
4. Try replacing red meat with oily fish twice per week

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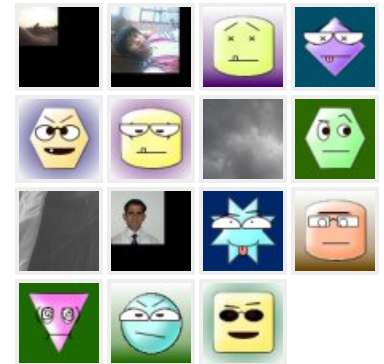
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