

by [admin](#)

Diet for Arthritis Patients- Nightshade vegetables to be avoided?





3:32 pm in [Diet](#), [Osteoarthritis](#), [Rheumatoid Arthritis](#) by [admin](#)

The night shade vegetables includes, Potatoes, Peppers, Eggplant, Tomatoes, Garden Huckleberry, Ground Cherries, Tobacco and many more. The night shade vegetables are those vegetables which grows in night and not in daytime.

The nightshade vegetables contains solanine, which is toxic in nature and tends to low calcium balance in body. Regular diet of nightshade vegetables reduces calcium balance and is a major cause for Osteoporosis, which further leads to adverse condition of arthritis.

Every Arthritis patient must avoid nightshade vegetables as [Vitamin D](#) is usually not found in them and Only a one word answer would be "Say no to nightshade vegetables."

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[Wordpress Themes](#) said:

Genial fill someone in on and this post helped me alot in my college assignment. Thank you as your information.

On [July 11, 2010](#)



[Jaron](#) said:

Really this article has prove to help my grandfather in recovering a lot.... can anybody give me contact email or Cell number of cure2arthritis.com team..... i want to thank them personally....

On [July 17, 2010](#)



[Prakash](#) said:

Thanks for your precious information, even am feeling relief by avoiding nightshade vegetables. I have arthritis from past 7 years, could you also provide information in detail...

On [July 20, 2010](#)



[Vince](#) said:

Could you explain this in a bit more details, the things you are talking about sounds really interesting.

On [August 17, 2010](#)



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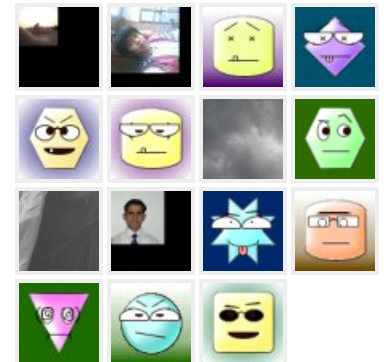
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