

by [admin](#)

My dad says he loves Icecream and I say so you have Rheumatoid Arthritis, a must prevent diet for rheumatoid arthritis patients

8:44 am in [Arthritis diet](#), [Rheumatoid Arthritis](#) by [admin](#)

Like all people in their 60's, my dad also loves Ice cream. Chocolate, [strawberry](#) and mango are his favorite flavor which he eats regularly since his late 30's but he is also suffering from initial arthritis since his early 40's. He has now severe pain in neck and lower back because of [rheumatoid arthritis](#), he is also struggling with [knee joint arthritis pain](#).

Is this a similar case with your near and dear one, please check that they are not eating food stuff like Ice cream, my dad has suffered a lot and I don't want anyone to suffer from arthritis pain. I am trying my dad to make him understand that ice cream is not good for his health and his [arthritis symptoms](#) reflect that clearly. Ice cream is a the actual cause behind his initial symptoms for rheumatoid arthritis.

Ice creams can be classified into natural Ice cream and conventional Ice cream. There is a fine between a healthy and harmful ice cream which can be explained as

Conventional Ice cream contains added flavors which are made of chemicals like Diethylglycol, Aldehydec-17, Amylacetate, Butyraldehyde, Benzyl Acetate and other chemical to give a particular flavor. These chemicals are toxic in nature and harms body system and is a major reason or symptom behind rheumatoid arthritis. These chemicals are found to be major reason behind rheumatoid arthritis symptoms found in the patients. In one word rheumatoid arthritis should avoid icecream from their diet.

Natural Ice cream is made up of milk and natural pulp of fruits like strawberry, cherry, mango, banana, grapes, various fruit juice and other organic ingredients. So far natural ice cream looks good, but the figures tells that this ice cream contains high fat ratio and sugar which is not good for arthritis patients.

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In a single line natural ice cream with less milk might not harm as a natural ice cream (high fat content) and conventional Ice cream would do, they are certainly not good for arthritis patients. However Ice gives pain relief to rheumatoid arthritis patients when applied externally.

So, please try to avoid ice cream and make ice a part [rheumatoid arthritis](#) prevention not a cause.

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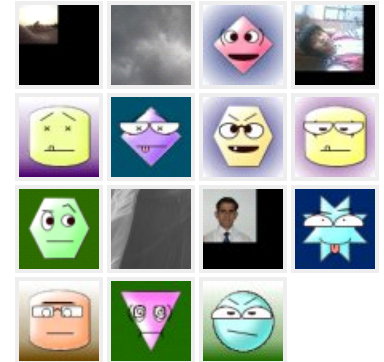
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