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BROCCOLI HELPS REDUCE ARTHRITIS SYMPTOMS

UNITED KINGDOM—A recent study conducted at the University of East Anglia and published in *Arthritis and Rheumatism* found that broccoli could help reduce arthritis symptoms.

It is estimated that 12.4 million Americans are affected by arthritis, and it is noted that statistically 50 percent of the population is expected to develop arthritis symptoms in the knee by the time they reach the age of 85.

The study analyzed a group of participants that consumed a diet that was rich with the nutrient found in broccoli (sulfur compound). The researchers found a significant reduction in cartilage destruction and osteoarthritis compared to the group of participants that did not consume broccoli.

The researchers noted that the sulfur compound reduces inflammation, which is the main reason that causes cartilage that protects bones to wear away.

According to lead author, Ian Clark: *“Once you have osteoarthritis, being able to slow its progress and the progression to surgery is really important, prevention would be preferable and changes to lifestyle, like diet, may be the only way to do that.”* If you are interested in minimizing your risk or slow down the progression of arthritis, you might want to consider adding broccoli to your diet.

Have a healthy day, Larry Berman

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