

FOR IMMEDIATE RELEASE

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Herb-a-licious!!!

Frederick, Maryland--- August 29, 2011 celebrates the use of more herbs and less salt! Adding herbs to your diet may be another option for reducing joint distress for those with arthritis - naturally.

Eating fish rich in Omega 3's, such as salmon, can assist in fighting inflammation. Omega 3's are highly unsaturated substances vital to the body's cells; that may contribute to the regulation of inflammatory responses.

Turmeric encourages cartilage growth by discouraging inflammation. Green tea may have health benefits which have been reported to effectively reduce the severity of [rheumatoid arthritis](#). Proponents of alternative therapies also tout the benefits of glucosamine and chondroitin- the so-called nutraceuticals as well as herbal remedies like garlic, ginger, turmeric, frankincense, stinging nettle, boswellia, and bromolein.

Although we know the benefits of using less salt, today, more people in the country have high blood pressure than anyone realizes and what used to be "borderline" is now too high. If you choose to use salt, use a light hand. A little bit of cayenne pepper can enhance flavors without heating up the whole dish. Another flavor that enhances the natural salt taste in foods is lemon. Add some powdered lemon peel and powdered cayenne pepper to your salt free mixes. And, use no-salt seasonings like Mrs. Dash.

Dr. Wei states, "Late August is a very appropriate time to celebrate this special day. The harvest of garden herbs is at a peak. There's nothing better than fresh garden herbs in your favorite recipes."

Dr. Wei adds, "With any herb or supplement used for medicinal purposes, check with your physician first. Some herbs and supplements may not agree with other medications you may be taking."

For a free report on **Complementary Therapies for Musculoskeletal Disease**, contact us at 301-694-5800.

Dr. Wei is a board-certified rheumatologist expert. He is director of the Arthritis Treatment Center located in Frederick, Maryland.

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