

# ARTHRITIS: A NATURAL APPROACH

A PRESENTATION BY

## STEVE BLAKE, ScD



One in five adults, and half of those over 65 have arthritis. Reducing inflammation is the key to reducing pain. We need to learn which foods aggravate inflammatory joint conditions. Did you know that essential fats in foods can reduce joint pain? Plant sources of omega-3s are a safe and cheap way to decrease inflammation. Find out which vitamins and minerals in food help build collagen to support healthy cartilage. Learn which antioxidant plant foods can reduce damage to vulnerable joint cartilage. Which foods support the lubrication of joints? We can easily avoid foods with *advanced glycation end products*, which aggravate inflammation and joint damage. See how we can use spices and herbs to reduce inflammation. Losing weight can help with hip and knee arthritis pain. Losing weight is quick and easy with a plant-based, whole food diet. This presentation is designed to teach how to rebuild healthy cartilage and regain mobility.

Steve Blake has earned a doctorate in holistic health, specializing in nutritional biochemistry, and a doctorate in naturopathic medicine. He offers classes at the University of Hawaii. He has taught classes at Stanford University, McLean Hospital, and at Boston University Medical Center. Dr. Blake authored the 2008 McGraw-Hill college textbook *Vitamins and Minerals Demystified*. He has just authored *A Nutritional Approach to Alzheimer's Disease*. He also wrote *Understanding Dietary Fats and Oils, Healing Medicine*, and co-authored *Mosby's 2001 Nursing Drug Reference*. He is the author of *The Herb Doctors* with worldwide information. He is the author of the *Diet Doctor*, software for graphing dietary nutrients. He was director of the Maui Holistic Health Center for seven years. He was selected in 2013 by the International Biographical Centre as one of the leading health professionals in the world. He and his wife Catherine live on an organic farm on Maui that is solar powered.

**TUESDAY, MAY 14, 7 P.M.**

**ALA WAI GOLF COURSE CLUBHOUSE  
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**WEDNESDAY, MAY 15, 6 P.M.**

**A NUTRITIONAL APPROACH TO ALZHEIMER'S DISEASE**

**FREE LECTURE AT CASTLE MEDICAL CENTER – KAILUA  
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**MONDAY, MAY 13, 5:50—8:30 P.M.**

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**Vegetarian Society of Hawaii**

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