



## What five foods are bad for Arthritis?

Fried meals have been overcooked, destroying all or most of their nutrition. They also have a lot of recognised carcinogens in them. Many fried dishes also include several highly processed additives. All of these things will promote inflammation by activating the body's defensive mechanisms, causing an arthritic flare-up. Alcohol might aggravate arthritic symptoms. Alcohol consumption worsens spinal structural damage in persons with inflammatory [Arthritis](#) of the spinal cord, according to one study.

