

Bursitis

Bursitis is inflammation of the bursa, which resides within the joint space, for example, where the “ball and socket” meet in the shoulder or hip. Quite often, people come into the office with questions about bursitis. There is a simple test that I perform to differentiate between actual bursitis, or pain from the muscle/tendon/ligament interaction with a joint. For those of you who do experience bursitis, or any type of inflammation for that matter, it is best to continue passive stretches and comfortable exercise, and eat foods that do not create more inflammation in the system. In general, foods that assist in keeping inflammation low are the same as those that keep the system more alkaline. The foods that create an alkaline, or neutral pH, may be acidic when eaten, but have an alkaline effect when digested within the system, such as citrus and fermented foods like apple cider vinegar. Animal meat is alkaline, however, it creates an acidic, or inflammatory environment, and should be eaten in moderation or in combination with more vegetables.

Next, I happened upon information about the effects of peanut oil upon bursitis in my favorite nutrition book, Healing with Whole Foods, Oriental Traditions and Modern Nutrition by Paul Pitchford, page 146:

Beneficial aspects of peanut oil:

- Has a monounsaturated to polyunsaturated ratio of three-to-one, and substantial saturated fat (18%); it is therefore stable enough to cook with at high temperatures
- Has exceptional healing value in most cases of bursitis, even in severe cases when an arm cannot be raised because of shoulder pain. The peanut is rich in two B vitamins - biotin and niacin - that help with fat metabolism and circulatory problems, respectively. **To use peanut oil for bursitis**, rub the affected area liberally with the oil at least twice a day. A teaspoon of the oil can also be poured on food. Very often pain will diminish within a few days. Once the oil treatment is stopped, pain will usually return unless other factors in the diet and lifestyle have been altered.

The main point to take away from this article is to make every effort to reduce inflammation. In my office, effective therapies are used to help reduce or eliminate pain and inflammation using a combination of Chinese medicine, acupuncture, shiatsu massage and simple “homework”.

