A 60-year-old man with both legs was swollen was admitted to emergency department due to severe pain in the legs. Our greatest stress today is to acquire mundane things in life. In that rat race where the world is too much with us, we spend most of our energy getting and spending. In this rat race, we encounter many tigers in life. Our Palaeolithic body produces the same fight flight response producing adrenaline and cortisol. The latter would be used to run away from the forest tiger in our Palaeolithc age. But the tigers in life today (stresses) do not let you expend the two hormones by running (Figure 1).

The main culprit is inflammation that disrupts our auto-immunity. If inflammation goes unchecked, it can damage cartilage, the elastic tissue that covers the ends of bones in a joint, as well as the bones themselves. Over time, there is loss of cartilage, and the joint spacing between bones can become smaller. Joints can become loose, unstable, and painful and lose their mobility. Joint deformity also can occur. Joint damage cannot be reversed. An early diagnosis of this inflammation and aggressive treatment will be needed to control RA [1].

There is a connection between certain foods and the inflammation that characterizes this autoimmune condition. We need best approach to our food and drink [2]. We can choose plant-based foods. Approximately two-thirds of our diet should come from fruits, vegetables and whole grains. The other third should include low-fat dairy products and lean sources of protein [3]. There are certain foods that are rich in antioxidants and can help control and reduce inflammation. It's also important to eliminate or significantly reduce processed and fast foods that fuel inflammation.

**Figure 1:** Both Legs swollen due to arthritis.
References

