



## Trendy Diets

Hosts: Rebecca Gillett, MS OTR/L and Julie Eller  
Guest Speaker: Dr. Lona Sandon

It's common knowledge that healthy diets can improve arthritis symptoms. Yet, it's easy to be overwhelmed with new diet fads and conflicting research reports. In this episode, Rebecca and Julie tackle the most common [diet trends](#) for people with arthritis and discuss the pros, cons and risks.

Nutrition expert and registered dietitian, [Dr. Lona Sandon](#), will help us separate fact from fiction.

Here's a run-down of diets discussed on the episode:

[Keto](#) – The ketogenic diet is a very low-carb, high-fat diet.

[Paleo](#) – A paleo diet includes lean meats, fish, fruits, vegetables, nuts and seeds, and limits dairy, grains and legumes, including beans and corn; this diet became common when farming emerged about 10,000 years ago.

[Intermittent Fasting](#) – Doesn't limit the foods you eat, just when you eat it; most intermittent fasting regimens recommend 8-16 hours without eating.

[Cleanses/Detoxes](#) – These diets have a short-term elimination of foods and/or food groups; many cleanse or detox diets include shakes, smoothies or fortified water drinks for the majority of your calories.

[Tune in](#) today to learn which diet can help you!

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