Dietary risk factors for rheumatic diseases
Hyon Choi, Current Opinion in Rheumatology 2005 17:141-146
Gives a synopsis of study results for influence of diet, vitamin, coffee, tea, and vitamin D on various rheumatic diseases

Soy isoflavone phyto-pharmaceuticals in IL-6 affections
Haegeman et al, Biochemical Pharmacology 68 2004
Overviews some established roles of isoflavones in regards to estrogen receptor activity;

Aromatase-deficient mice spontaneously develop a lymphoproliferative autoimmune disease resembling Sjogren's Syndrome
Gustafsson et al, PNAS 2004 Aug 24;101(34)
Although a different autoimmune disease, this paper both allows one to ponder the interrelationships between diseases and thus perhaps cooperativity of treatment as well as provides evidence that a phytoestrogen based diet ameliorated symptoms.

Revealing Anti-Inflammatory Mechanisms of Soy-Isoflavones by Flow: Modulation of Leukocyte-Endothelial Cell Interactions
Chacko et al, AJP - Heart & Circulatory Physiology
Demonstrates that the soy isoflavone genistein can inhibit monocyte adhesion to cytokine stimulated vascular endothelial cells

Hepatic gene expression profiles are altered by genistein supplementation in mice with diet-induced obesity.
Has a great table showing genes upregulated by a high fat diet that were normalized or downregulated by addition of 2g genistein/kg food, a dose that is physiologically relevant to humans eating soy products.

Fatty Acids and Nitric Oxide
Priante et al, Clinical Science (2005)
Study showing Arichadonic Acids effect on NO gene expression in osteoblast like cell line and inhibition of gene expression by N3 and oleic acids.

Differential expression and response to anti-TNFalpha treatment of infiltrating vs. resident tissue macrophage subsets in autoimmune arthritis
Shows that infiltrating macrophages are of particular importance in autoimmune arthritis. I hope to work this in with the Chacko et al paper.