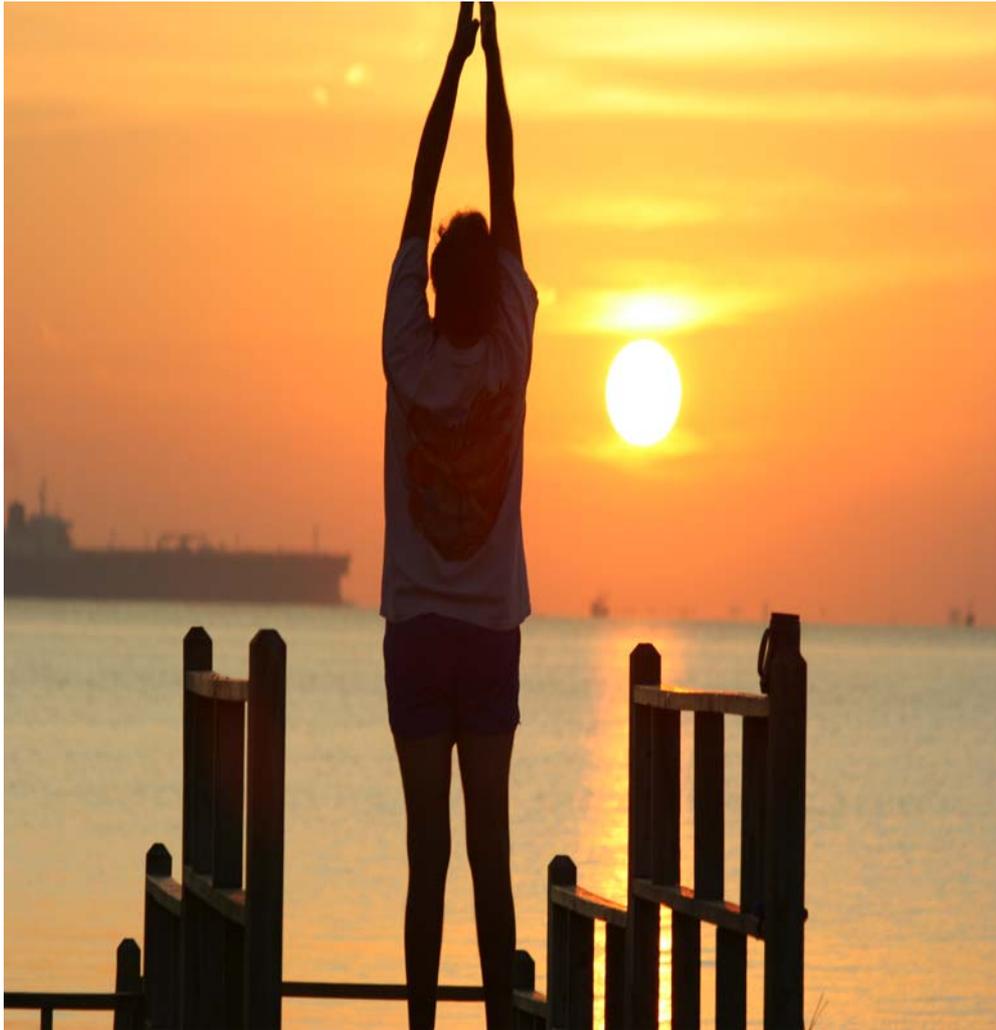


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Say Goodbye to Gout Forever:

Natural Preventive & Healing Techniques for Gout Sufferers

Brought To You By Frank Mangano And
www.fightgout.com

Say Goodbye to Gout Forever

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Medical Disclaimer

The information within this report is intended as reference material only, and not as medical or professional advice. Information contained herein is intended to give you the tools to make informed decisions about your lifestyle and health. It should not be used as a substitute for any treatment that has been prescribed or recommended by your doctor.

Do not stop any medication unless advised by your doctor to do otherwise. The author and publisher are not healthcare professionals, and expressly disclaim any responsibility for any adverse effects occurring as a result of the use of the suggestions or information herein.

This report is offered as current information available about gout management, for your own education and enjoyment. As always, never begin a dietary, supplement or exercise program without first consulting a qualified healthcare professional. Your use of this book indicates your agreement to these terms.

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What is Gout?

Gout is a form of arthritis that is characterized by sudden inflammation and pain. The most commonly afflicted area is the big toes, though the inflammation can also appear on the hands and other digits of the feet.

Men are more likely to suffer from gout. The risk for gout increases for women when they are of menopausal age (45 years old and above).

Gout can become so painful that a swollen big toe can actually wake you in the middle of the night; any type of weight on the afflicted toe will only increase the severity of the pain.

There are three main symptoms of gout:

1. **Severe pain in the joints** – in addition to the digits of the feet, even the ankles and wrists can be affected by gout.
2. **Lasting discomfort or pain** – after the initial wave of pain during a gout attack, there will be some lingering pain in the affected areas. This lingering pain can last for *weeks* if you do not take the steps to control your gout.
3. **Tenderness** – gouty joints are often swollen and reddish in hue; a sure sign of severe inflammation from within.

If you think you have gout and somehow, the affected region was infected was injured, fever may manifest. Consult with your healthcare provider immediately if this happens.

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What Causes Gout?

The most common explanation for gout links *urates* to the sudden inflammation of the joints and the lingering pain. Urate crystals are said to crowd around the body's joints. This in turn causes the inflammation of the said joints. Urate crystals can *become* the cause of gout if they are present in high levels in the body.

If you have a high level of uric acid, then you probably have high levels of urate crystals; this would explain why people with chronic problems with uric acid levels also suffer from persistent gouty arthritis.

Why do we have uric acid in the body, anyway?

Uric acid is the natural byproduct of "purine processing" Purines are found in foods like animal liver and mushrooms.

Ideally, the uric acid is processed by the kidneys and removed from the body through the urinary tract. People with gout usually have one of these two common problems:

1. Not enough uric acid is being transported *away* from the body through urination.
2. The body is producing *too much uric acid*, which also defeats the capacity of the kidney to remove the acid from a person's bloodstream.

When there is too much uric acid in the body, the acid eventually clusters around joints and form crystals. *This* is when the pain usually begins – with the formation of the sharp, crystal-like urates.

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Are You at Risk for Gout?

The following may predispose you to developing gout:

1. *Excessive alcohol consumption*
2. *High blood pressure* (if left untreated)
3. *Diabetes*
4. *Obesity*
5. *High cholesterol levels*
6. *Arteriosclerosis*
7. *Medications containing thiazide*
8. *Use of aspirin* (usually associated with maintenance medication for hypertensive individuals)
9. *Family history*
10. Sex (males are more prone to gout)
11. Age (males and females over the age of 40 are at risk for gouty arthritis)

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Possible Complications of Gout

If you ignore your gouty arthritis, you are at risk for *three major complications* associated with the medical condition:

1. **Persistent gouty arthritis** – if you leave your gout as it is, it *may* recur several times per year. Some gout sufferers have problems with inflammation and pain several times per month.
2. **Urate skin deposits** – the urate crystals may begin migrating underneath the skin, forming reddish patches that may also become painful.
3. **Kidney stones**

General Diet Guidelines to Prevent Gout

While some studies indicate that there are *other contributing factors* to gout, it has been established that excessive levels of purines in the body leads to the formation of more uric acid (since the body has to process purines).

To lessen purines in your system, follow these easy diet tips:

1. Organ meats such as liver should be severely limited; it's also time to let go of fishes like mackerels, which are also high in purines. Red meats are also a big no-no. Opt for non-red, lean meat when designing your meal plan for the week. 170 grams of purine-containing protein sources (animal protein, generally) per day should be considered the *limit*.

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- 2.** To make up for the loss of an easy source of protein, simply substitute animal protein for plant protein. Legumes are a great source of plant protein.

By reducing the amount of animal proteins and fats you are consuming, you are also reducing the risk for obesity, which also contributes to the development of gouty arthritis.

- 3.** Say no to alcohol. Sad to say, alcohol *in general* (that means whatever form it may take) prevents the body from completely eliminating uric acid.

Limit your consumption of alcohol to 10 ounces per day, or less. Less is better and stick to red wine (as resveratrol has been linked to the elimination of cholesterol).

- 4.** More water please! The more water you consume, the easier it is for the body to remove uric acid. Eight glasses a day is an ideal number. Don't rely on the sensation of thirst. The body can become dehydrated even if you do not feel thirsty.

- 5.** Refined carbohydrates can also contribute to gout. Whole grain is the new way to health.

- 6.** Love candies, chocolates and ice cream? That's bad for your gout. Limit your intake of food products that have been loaded with heavy corn syrup, too.

- 7.** Start eating yogurt and drinking milk at least once a week. In a study undertaken by the Nutritional Exam Survey, it was found that people who consumed milk and yogurt a few times per week had a lower uric acid level than those who did not.

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These diet tips were designed to reduce the amount of uric acid in the body; however, not to the extent that you can stop any anti-gout medication that a healthcare professional has prescribed. What this diet *can do* is to make painful gout attacks less frequent over the long term.

Quick Insight: In a study done by Dr. Hyon Choi, it was found that foods that were generally linked to the development of cardiovascular diseases were also responsible for increasing the uric acid levels in the body.

Debunking Common Gout Myths

With so many myths surrounding gout, we have to set the record straight to avoid confusion.

1. Seafood is good for the heart (generally). If you have gout, a nutritionist should be able to recommend seafood that is heart-healthy and gout-safe as well.
2. While it is true that obesity can lead to gout, *do not engage* in a strict diet or exercise program without consulting with your doctor.
3. Do not starve yourself in the effort to lose weight. This actually produces the direct *opposite* of what you want to achieve – starving yourself causes the level of uric acid in your body to shoot up.
4. Coffee and tea does not cause gout. Alcohol *contributes* and may even worsen gout.

Avoid These Foods if You Have Gout

The following are foods that have high purine levels and should be limited or avoided altogether:

- 1. *Animal hearts***
- 2. *Herring meat***
- 3. *Mussels***
- 4. *Edible yeast***
- 5. *Smelt***
- 6. *Canned or fresh sardines***
- 7. *Sweet-breads***
- 8. *Anchovies***
- 9. *Grouse***
- 10. *Mutton***
- 11. *Veal***
- 12. *Bacon strips and bacon fat***
- 13. *Animal livers***
- 14. *Salmons***
- 15. *Turkey***
- 16. *Other organ meats such as kidneys***
- 17. *Partridge meat***
- 18. *Trout meat***
- 19. *Goose meat***
- 20. *Haddock meat***
- 21. *Pheasant meat***
- 22. *Scallops***
- 23. *Alcoholic beverages***
- 24. *Gravies***

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Recommended Foods for Gout Sufferers

The following foods *do not* contribute to the formation of more uric acid in the body:

- 1. Fresh cherries**
- 2. Fresh strawberries**
- 3. Fresh blueberries**
- 4. Fresh red-blue berries**
- 5. Banana**
- 6. Celeries**
- 7. Tomato**
- 8. Dark-green and leafy vegetables**
- 9. Pineapple**
- 10. Bromelain-rich fruits and veggies**
- 11. Citrus fruits**
- 12. Freshly-squeeze fruit juices**
- 13. Water**
- 14. Dairy products (choose non-fat variants)**
- 15. Complex carbohydrates**
- 16. Cocoa**
- 17. Coffee**
- 18. Tea**
- 19. Tofu**

12 Essential Facts about Gout & Its Treatment

1. Accurate diagnosis of gout is usually done by finding the characteristic urate crystals.
2. You can still suffer from a sudden gout attack even if your last blood test indicated that you had a normal uric acid level or even a low uric acid level.
3. Even the ankles and elbows can suffer from gout; that's why it's best to immediately consult with your doctor if sudden inflammation and pain erupts in any joint.
4. An estimated 90% of *all people* have problem excreting uric acid from their systems.
5. Exposure to lead can trigger a gout attack.
6. High uric acid levels can trigger an attack; *but so does a low uric acid level*. A sudden decline of uric acid can also create inflammation in the joints.
7. Low-dose aspirin is simply not the best choice if you have gout, as it can raise the level of uric acid in the body.
8. Fad diets? Forget about them. If it involves skipping meals or drastically reducing your calorie count to lose weight, then the diet may cause gout.
9. The cooler the body region, the more prone it is to gout.
10. Acute medical conditions can also cause gout.
11. In addition to controlling the uric acid level in the body, effective treatment of gout must also aim to prevent damage to the kidneys.

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12. If a sudden gout attack occurs, *rest the joint*.

Gout and the Allergy Connection

In the United States alone, it is estimated that there are *two million* individuals suffering from gouty arthritis. The common villain in many medical journals, magazines and newspapers is *uric acid*, flanked by its sidekick, *purines*.

A recent study undertaken by allergy researcher Joseph Harkavey suggested that gout may have been caused by *allergies*, too.

According to his study published by the A.M.A., he noted that many of his respondents had gout attacks during the spring and also during the fall season. What does this mean? Well, during spring season and fall season, there is an increased amount of free *pollen* in the air.

While pollen has been linked to other medical conditions such as asthma and even the development of *hives*, this is the first time that it was linked to gouty arthritis. Dr. Harkavay presents two possibilities:

1. The pollen may be setting off a deadly allergic reaction in the body, which leads to the inflammation of the joints
2. The pollen may be setting off an allergic reaction that is then *magnified* by existing variables, such as an already high uric acid level, etc.

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Self-Help During an Attack

Gouty arthritis is painful *primarily* because of the inflammation that results during a gout attack. There are two easy steps to keep the inflammation at bay and to control the pain:

1. Place an ice pack over the affected area; this will help reduce the inflammation. Alternatively, you can also use a hot & cold application to increase blood flow in the area and at the same time, reduce the swelling.
2. Even the weight of a blanket can cause pain if you have a gout attack. If you want, you can use a cardboard box to protect a swollen joint from your bed clothes and the blanket. The box will separate the surface of the fabric and the swollen area; you will probably get a better night's sleep with one.

Supplementing Your Diet

While having a balanced diet is enough in most cases, some gout sufferers just don't get enough essential nutrients from the food they eat. In such cases, vitamin/nutrient supplementation becomes necessary.

1. **Omega 3** – this fatty acid found in fish supports the growth and healing of damaged joints. If the body has a sufficient amount of omega 3 acids, the acids serve as a brake to swelling/inflammation.

Regular intake of this nutrient (which cannot be produced by the human body) can help reduce inflammation and pain during gout attacks.

The traditional route was to eat lots of fish (bad for gout) and take cod liver oil regularly (also bad for gout).

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Forget these routes; if you want to supplement your diet, you can do so by buying food supplements rich in omega 3 *or* you can make some changes to your diet.

Instead of using corn oil when cooking, opt for canola oil instead. Canola oil does *not* promote inflammation. Corn oil and other vegetable oils are packed with *omega-6 fatty acids*. These fatty acids *promote* swelling, so they are certainly *not* recommended for gout sufferers.

Gout sufferers should *not* eat too much cold water fish or canned fish because of high level of purines in these types of food.

2. **Ascorbic Acid (Vitamin C)** – vitamin C helps in repairing injured joints and is also capable of removing free radicals. People who have a significant and consistent source of this vitamin in their diet have *less risk* in developing different types of arthritis.

Freshly-squeezed juice from citrus fruits is still the best source of natural vitamin C. However, since not every home is equipped with an efficient motorized juicer, you can just opt for *frozen fruit concentrates* instead of juice cartons.

According to the A.D.A. (American Dietetic Association), juice reconstituted from concentrates even has more of the vitamin than freshly squeezed juice. It has also been noted that the vitamin C levels in such juices *rises* after more than 28 days of storage (4 weeks).

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Instead of taking a “mega dose” of the vitamin once a day, it is more effective to take frequent sips of fresh/reconstituted juice throughout the day.

The reason for this is quite simple: the body does not store the vitamin. If you take 500 mg in the morning and the body only needs a fraction, it flushes out the remaining amount of vitamin C.

3. **Vitamin D** – vitamin D is needed for normal cell functioning and for the manufacture of collagen in the joints. Without vitamin D, joints can erode and never recover.

There are several sources of vitamin D that you can tap into:

1. Food supplements (check if the supplement has a fair amount of vitamin D, first)
2. Fortified dairy products – before drinking that skim milk, check if it has been fortified with vitamin D.
3. Natural source – the sun. Expose yourself to the sun for ten to fifteen minutes, twice or thrice a day. That’s all the exposure you need so the body can manufacture its own vitamin D for normal cell function and collagen production.

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4. **Tocopherol (Vitamin E)** – vitamin E also rids the body of free radicals. In addition to being an effective anti-oxidant, it also helps protect joints by *preventing* further damage to the joints.

Typical sources of tocopherol include:

- ✓ Soybean oil
- ✓ Food supplements + fish oil
- ✓ Vitamin E-rich veggies
- ✓ Vegetable soups
- ✓ Nuts like almonds, pumpkin seeds and sunflower seeds

5. **B-Family of vitamins** – if you're not getting enough B vitamins, your joints are likely to be suffering from slow growth and repair.

Remedy this by eating vitamin B-rich foods, such as dark, leafy vegetables. Supplementation can also be used; a multivitamin would be sufficient.

6. **Quercetin** – quercetin is a type of flavonoid that has been used for some time as a *complementary* treatment of different medical conditions, the most notable of which is prostatitis. It has also been noted as a potential aid for people suffering from gout and osteoarthritis.

Quercetin can be obtained naturally by eating foods cooked with onions. You can also eat fresh apples and drink fresh, *green tea*. This flavonoid is also present (generally, in minute amounts) in vegetables.

Alternative Herbal Remedies for Gout

The following plants have been noted for their potential capacity to treat inflammation and pain associated with gouty arthritis:

- ✓ ***Arnica***
- ✓ ***Belladonna***
- ✓ ***Berberis vulgaris***
- ✓ ***Bryonia***
- ✓ ***Calcarea fluorica***
- ✓ ***Colchicum***
- ✓ ***Ledum palustre***
- ✓ ***Rhododendron***
- ✓ ***Rhus toxicodendron***

These plants are used by practitioners of homeopathy. Usually, an infusion is made and tested (first dose) to check whether the remedy is effective.

If not, a second dosing may be used, or another plant may be tried instead. Consult with a healthcare provider before using any of these plants, as these plants may be contra-indicative of medication and existing medical conditions.

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If you enjoyed this free report, then I encourage you to take a look at "Fight Gout," which will provide an all-natural, comprehensive program to relieve the symptoms of gout. [Click Here To Access The Website](http://www.FightGout.com)



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