

## 11 Tips for preventing Gout attacks

### What is gout?

Gout is a painful, arthritic condition of the joints. It usually strikes the big toes, but it can also affect the ankles, heels, knees, wrists, fingers and elbows. Gouty patients have elevated uric acid in their blood, a breakdown product of protein metabolism.

Uric acid increased from

- 1) **metabolism of purines**, a subclass of proteins human tissues and consuming foods as organ meats, sardines, anchovies, mushrooms, asparagus and lentils.
- 2) Taking **drugs and supplements** that can increase uric acid levels in the blood and its tendency to form irritating crystals in joints.
  - Salicylates (the active component of aspirin), niacin (B3), excess Vit C, diuretics, cyclosporine, or levodopa.
- 3) Excess **alcohol** consumption
- 4) Being **overweight**
- 5) Exposure to **lead** in the environment
- 6) **Dehydration and acid conditions** of the blood that can result from serious infections, surgery or ketogenic weight loss diets (such as the Atkins diet).

### What is the treatment of gout?

**Conventional:** Non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, Corticosteroids can have a similar effect; Allopurinol (Zyloprim) that lower uric acids.

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1. Gout is an inflammatory condition. **Start an anti-inflammatory diet and lifestyle.**
2. **Eliminate foods high in purine.** It is converted by the body into uric acid. Avoid high purine foods – red meat, sardines, anchovies, herring, and organ meats like liver and kidney. It is ok to eat purine-rich plant foods such as lentils, peas, beans, mushrooms, cauliflower and spinach.
3. **Eliminate coffee.** Coffee breaks down to uric acid.

4. **Avoid alcohol.** It promote dehydration and irritates the urinary tract.
5. **Drink 8-10 8-ounce glasses of water daily** to flush uric acid from the system and prevent urate crystal deposition.
6. **Eat a low salt diet.** High sodium levels make it easier for uric acid to crystallize.
7. **Lose the extra pounds** if you are overweight. Optimize your cholesterol, and blood sugar.
8. **Tart cherries** contain powerful antioxidants called anthocyanins, which give cherries their distinctive red color. Tart cherries have anthocyanins 1 and 2, which help block pro-inflammatory COX-1 and COX-2. Eat 20-40 tart cherries: fresh, or as cherry juice, or in the form of tart cherry extract (500mg twice a day).
9. **Take bromelain**, a compound of digestive enzymes and other compounds extracted from pineapple stems.
10. Take powerful **anti-inflammatory supplements** like Omega 3 fatty acids 2 grams daily, Flaxseeds, Vit D (2000IU daily).
11. **De-stress.** Physical and emotional stress causes inflammation in our body and excess uric acid.

Reference:

<http://www.drweil.com/drw/u/ART00368/Gout.html>

<http://www.drdauidwilliams.com/tart-cherry-is-an-effective-gout-treatment/>