

## Does a high Purine Diet Cause Gout Pain?

**Y**es. Gout pain can be caused by a high purine diet. Your gout pain is actually caused by uric acid crystals in your joints, but uric acid is a byproduct of the metabolism of chemical compounds in our body called purines. So although your gout pain is the direct result of uric acid crystals, the real cause is seen as a high purine diet. Here you will find what constitutes a high purine diet and how to replace it with a reduced purine diet.

### Purines are Chemical Compounds that Exist in Our Body and Most Foods

They are extremely important because they are a key component of the processes that provide us with the protein and energy we need. Uric acid is a byproduct of this process. Your kidneys then help flush uric acid coming from your body. Sometimes though, they aren't efficient enough and the excess uric acid will be retained, which can then form crystals in your joints, causing excruciating gout pain.

So if you're suffering with agonising pain, and your kidneys are certainly not able to flush the excess uric acid out, it just doesn't make sense to continue eating high purine foods; giving your kidneys even more work to do, and producing even more acid. You seriously must look at your diet, especially if it is a high purine diet.

High purine diet consists of the following types of food: all red meat, offal, game, gravies, poultry, roe, anchovies, shellfish, sardines, herring, mackerel, peas, lentils, beans, mushrooms, cauliflower, asparagus, yeast. Avoid alcohol, especially beer.

When suffering from agonising gout pain you need to avoid these kinds of higher purine foods, which can only make the pain worse and prolong your own agonies. A word of warning though: don't stop instantly, reduce your intake gradually over time, point out several days. Instant fasting will increase your gout pain at first, but will then reduce.



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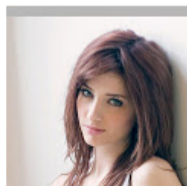
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So what can you eat? This foods can be part of your reduced purine diet: complex carbohydrates (e.g. bread, cereals, pasta, rice, etc.), foods that are high in vitamin C, essential fatty acids (e.g. tuna, fish, seeds), vegetables (except mushrooms, cauliflower and asparagus), low-fat dairy products, cherries, strawberries, blueberries, grapes. And drink at least 2 liters of water everyday.

Getting rid of, or at the very least seriously lowering, your usual high purine diet may help get rid of the gout pain and help to speed up the recovery. But, you also need to ensure any treatment will prevent your gout returning again. This, is important because often recurring gout will surely cause permanent joint damage and kidney problems. So you need to remove your own gout pain fast, plus, prevent your gout returning again.

“ You can find out exactly how to do this with an easy, step-by-step natural gout remedy report that thousands of ex-gout victims around the world have successfully used. And it doesn't matter if you have gout foot, ankle or knee etc., this report has anything protected.

To find out exactly what these ex-gout sufferers know that you do not, as well as, to get gout pain relief in 2 hours, please go to <http://gout-relief-today.blogspot.com> and start on your guaranteed gout cure in minutes.



### “ Susie Hart

*Susie is a leading curator at omex3.com, a resource about alternative natural health. Last year, Susie worked as a post curator at a well-known tech web site. When she's not sourcing web posts, Susie enjoys working out and skateboarding.*

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