

Low Purine Diet - Foods You must Avoid in a Low Purine Diet

Purines are at the heart of your **gout**. And so a low purine diet is a key part of the **gout remedy**. Purines in your body provide the protein and energy you need. But during the process the purines breakdown, forming **uric acid** as a byproduct. When there is too much **uric acid** for your renal system to deal with, the excess uric acid forms into crystals in your joints, causing your gout.

- Low purine diet is advisable if you have already obtained gout, and also to prevent your gout coming back.
- A low purine diet consists of foods that have low levels of purines inside them.
- But just as important is removing those foods from your diet that are high in purines.



So What can I Eat as Part of My Personal Lower Purine Diet?

Basically anything that isn't full of purines. Here are some 'safe' gout foods: low-fat dairy products, high-vitamin C food, complex carbohydrates (e.g. breads, cereals, pasta, hemp, and so forth.), essential fatty acids (e.g. tuna, salmon, seeds), veggies (except cauliflower, asparagus, and mushrooms which are an excellent source of purines), cherries, strawberries, blueberries, and grapes.

- One other very important thing: drink plenty of water to help flush out excess uric acid.
- Drink about 2 liters of water daily when you are suffering a gout attack.

And What Should I Get Rid of from My Low Purine Diet?

Here is a list of high-purine foods in order to avoid with gout: red meat, game, offal-type foods, gravy, poultry, shellfish, mackerel, herrings, sardines, anchovies, fish roe, beans, peas, asparagus, mushrooms, yeast. And of course you must avoid alcohol. Beer is especially bad.

Anything Different I Need to Know?

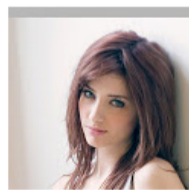
Yes. While a low purine diet can be very effective if followed properly, there are very many more things to take into consideration when getting rid of your gout. As an example, your weight, our health, entire body pH, family history, current medications, etc. As well as getting rid of the signs you need to prevent your gout returning, because recurring gout can lead to permanent joint and kidney damage.



GoutPurinesUric AcidUricGout RemedyNatural Gout RemedyGout

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

“ To find out exactly what these ex-gout sufferers know that you don't, as well as, to obtain 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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