

# Understanding Gout and How to prevent Recurring Gout Attacks Ruining Your Health

**O** rder to prevent **gout** you really need to understand gout. Here is a simple explanation of what it is and how you can stop recurring gout quite naturally, without resorting to drug-based medications, with their nasty side effects...



## Understanding Gout Causes

The symptoms of gout are caused by urate crystals that have formed over time in your joints and associated tissue. So where do these types of **uric acid** come from? They're created when you have higher-than-normal levels of **uric acid** in your blood vessels. This condition is called 'hyperuricemia.'

- Okay, so where does the uric acid come from then?
- Uric acid is found naturally in all of us and is actually a byproduct of our body's own metabolism process.
- Our kidneys normally process the excess uric acid and flushes it from your body via urine.
- Sometimes though, our kidneys aren't working to their fullest extent so that you end up with an excess of uric acid.
- Sometimes, your system is actually creating a lot of uric acid for your renal system to deal with, even working with 100% efficiency.
- In either case you can end up with high acid levels in the bloodstream, eventually leading to **gout attacks**.

## Understanding *Gout Treatment*

So, how can you get rid of gout? Well, you can go the popular route which is to take anti-inflammatory drugs for the pain and inflammation, plus, drugs to reduce the uric acid if so prescribed by your doctor. These can work for a lot of, but others discover that their nasty side effects tend to be as bad as, or worse than, the pain of their gout.

But, apart from that, drug-based remedy only works whilst being taken. Once stopped, there is nothing to prevent recurring gout, unless you address the fundamental issues that can help trigger the conditions that give rise to high uric acid and so gout attacks.

## Understanding the Underlying Issues

Typical issues that these drugs don't tackle are things such as; diet, weight, lifestyle issues, hypertension, lack of fluids, etc. These, plus more, can all aid trigger gout attacks. Take diet plan for example...

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**Gout: A New Treatment For an Old Disease** Gout is a form of arthritis due to the buildup of uric acid crystals in one or more important joints. Uric acid is a byproduct that is produced when certain foods containing purines are usually metabolized. Whilst uric acid normally is excreted...

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Food contains natural chemical compounds known as 'purines.' These also can be found in our bodies and form a very important part of the metabolizing method. But as they breakdown throughout this process, they produce uric acid. So if you eat foods that are high in purines, the risk of gout is much greater.



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## Understanding *Natural Gout Remedies*

One of the most important things to do is to avoid high **purine** foods. Typical foods to avoid are things like red meat, game, organ meat, poultry, seafood, legumes, etc. Typical food you can eat are points like; green leafy vegetables, fruit, foods high in vitamin C, essential fatty acids, complex carbohydrates, and so on. And drink plenty of water to be able to stay hydrated.

- And there are lots of other natural ways to take care of **gout symptoms**.
- For example you can use herbs, specific fruits, natural supplements, homeopathic remedies, acupuncture, acupressure, and so on.
- There are just too many in order to go into here.

But it is very important to address the underlying issues, because recurring gout attacks may eventually lead to permanent joint injury as well as kidney problems, such as excruciating kidney stones...

So next, to complete your understanding of gout so that you can prevent further attacks, please now go to <http://gout-relief-today.blogspot.com> exactly where included in the package discover a remarkably simple 2 hour **gout remedy**.

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