

## What Is Gout and How can you Deal With It?

**G**out is a type of arthritis that causes painful, red, inflamed joints. Although nearly any joint in the body can be affected (such as the knee, shoulder, ankle, fingers and toes) the most commonly involved combined is located at the foot of the big toe. Gout (also called gouty arthritis) is characterized by sudden inflammatory reactions or attacks that frequently happen in the middle of the night or during the early morning hours.

This condition occurs when like high levels of **uric acid** build up in the body that the **uric acid** begins to solidify, resulting in the formation of tiny crystals. These uric acid crystals can accumulate in parts of the anatomy, especially in joints and connective cells in the lower half of the body. Not only can the build up of uric acid crystals temporarily injure joints, but permanent damage can be done to be able to joints and also surrounding tissues if the disease remains untreated.




### Gout Has Multiple Causes and Risk Factors Associated With It

For example, being overweight increases the chances of getting this type of arthritis. Gout usually affects men. Diets that are an excellent source of red meat (especially game meats), certain seafood (such as sardines, trout, scallops, and mackerel), gravy, and alcohol increase the odds of developing gout. It is for this reason that gout has been historically associated as a condition that focuses on the wealthy upper class. Certain medications (such as aspirin) and chronic health conditions can increase your chances of getting this disorder. Genetic factors also play a role. An injury to the joints can trigger a **gout attack** in people who have high levels of uric acid.

- Symptoms of gout include attacks of extreme pain in the joints, especially including the big toe (a condition known as podagra).
- Together with pain, many people experience a red discoloration of the surrounding skin and a loss of joint mobility.
- These episodes can last for several days after that will gradually subside.

“



*A Simple Gout Diet Handout I have been asked a lot of times by my patients to prepare a gout diet handout that they can refer to. Gout is just one over a hundred kind of arthritis that can affect the body. It is a result of having excessive uric acid in the blood. After i get...*

Effective prevention and treatment of **gouty arthritis** involve a number of important lifestyle changes. People who have problems with obesity should converse with their healthcare provider about a diet and exercise program that fits their specific needs. Weight needs to be missing slowly but consistently in order to avoid triggering gout flare-ups. All people suffering from this type of arthritis ought to limit their intake of foods high in **purines** because purines are the chemicals in our food that your body metabolize into uric acid. Other dietary changes include: reducing alcohol intake, avoiding high fructose corn syrup, and drinking more water.



Speak with your doctor if you suspect that you have gout, and to see if you are a candidate for receiving medications to lower **uric acid levels**. More natural forms of treatment include eating one cup of fresh cherries a day (or drinking cherry juice), because this looks to reduce the risk of recurrent gout attacks. Some people claim that drinking a tablespoon of apple cider vinegar diluted in water each day can increase the interval between attacks.

### About Author:

Rachelle Kirk writes about natural health, wellness, and chiropractic care. When you are looking for natural pain relief for arthritis, sciatica, migraines and other health conditions then <http://www.backinaction.net> is the perfect place for you.

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.