

Alcohol and Gout

There are many things that are accepted as "fact" to cause **gout flares** and attacks. Doctors will tell you, no drinking, no red meats, no asparagus, etc. But how do you know? And how much is too much?

Many people are unwilling to give up their treats and are trying new ways to reduce the occurrences of **gout flares**. Alcohol in particular seems to be a "vice" of lots of people. One article quoted a **gout** victim as saying "I will go completely vegetarian before I will give up my wine!" Drinking is an enjoyable social interaction, with billions of people worldwide enjoying booze, whether it is a glass of wine with dinner or having multiple drinks while out dancing.



The Question is-are You Willing to Give All of that Up? Many Patients are Saying No

A trick that has worked for many patients is- if you have alcohol...flush it out! That is, drink a huge amount of water in order to "rinse" out the **uric acid** before it has a chance to crystallize in your joints. This has a further benefit of reducing hangovers!

- Most patients, who have had gout for many years, have stated that how much you can drink really depends on how good the rest of your diet is.
- For example, after eating steak, mashed potatoes and macaroni salad, having a couple of beers isn't automatically a good idea.
- But having a healthy salad with grilled chicken may work to be able to allow you to have a glass or two of red wine.
- Many gout sufferers reported "experimenting" with their diet and alcohol consumption in order to determine which approach is best for them.
- Are you willing to risk having a gout flare to be able to have a drink?

“



***Vitamins Every Arthritis Sufferer Should know About** A deficiency of vitamins can lead to a variety of health problems, including some forms of arthritis. These organic nutrients are normal sourced through our intake of fresh fruit and vegetables. Because of the next factors, it is not necessarily...*

From the Research, Red Wine Seems to be the Best Tolerated of the Alcohols

Many patients reported no reaction to having a glass of wine with dinner, or even a glass or two on special occasions. Beer on the other hand, seems to be the least tolerated. There may be many reasons for this. Beer tends to be drunk in multiples, whereas a glass of wine is slowly sipped and enjoyed.

- Wine though, particularly red wine, is quite acidic, plus some gout patients are reporting that this is causing more flares than beer.
- All of these gout sufferers though, were taking allupurinol or buy Colcrys or perhaps get Celebrex for gout and inflammations.
- Be sure to talk to your doctor to determine which usually is right for you.

Author:

Julia Mulline is a medical writer based out of Vancouver, BC, Canada. Your woman recommends Canada Drugs On the internet, a Canadian online pharmacy to buy Colcrys and get Celebrex.

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.