

## Can Low carb Diets Cause Gout

**E**ven though it's unclear on how someone can decrease their risk of pseudogout, so far as **gout** is concerned, the best way to reduce the risk is to overcome your diet and your weight. If you are overweight, it is imperative that you know there is a ideal solution to make use of when it comes to shedding pounds for **gout prevention**.

- There is no question that obesity is a major risk factor for gout.
- Studies on overweight men have shown that the more weight they gain, the higher their risk of developing the condition.

How does obesity give rise to gout risk? Think about it, people who are obese, or significantly overweight, usually lead a sedentary lifestyle, have a diet rich in fatty foods, alcohol and caffeinated beverages that are dehydrating.

- Studies have concluded that men, who are overweight, are 2 times as likely to develop gout, while overweight men are three times as likely.
- It was also discovered that when the obese men dropped only 10 pounds, they decreased their risk of gout by 40 percent!

*Now that you know the role weight plays in gout risk, it's time to take a look at the right way of losing weight to prevent gout, as well as the wrong way.*

- Strip That Fat Diet - This is a very fun and easy online diet.
- It consists of an online diet generator which enables you to create your own diet plans, 2 diet books, a recipe book and a calories guide.

Eat Stop Consume program claims that it can help the reader lose weight and "burn persistent body fat" all by making one simple change in the reader's every day diet. The Eat Stop Consume plan offered by Craig Ballantyne has its foundation in a dual system of fasting and weight training.

- Cheat On your path Thin is a revolutionary new weight loss book by bestselling author and a nutritionist Joel Marion.
- This unique weight loss program is actually claims to trick your system into burning up more calories and therefore losing weight.



**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.