

Does a high Purine Diet Cause Gout Pain?

Yes. Gout pain can be caused by a high purine diet. Your gout pain is actually caused by uric acid crystals in your joints, but uric acid is a byproduct of the metabolism of chemical compounds in our body called purines. So although your gout pain is the direct result of uric acid crystals, the real cause is seen as a high purine diet. Here you will find what constitutes a high purine diet and how to replace it with a reduced purine diet.



Purines are Chemical Compounds that Exist in Our Body and a Lot Foods

They are extremely important because they are a key component of the processes that provide us with the protein and energy we need. Uric acid is a byproduct of this process. Your kidneys then help flush uric acid through your body. Sometimes though, they aren't efficient enough and the excess uric acid is actually retained, which can then form crystals in your joints, causing excruciating gout pain.

“ So if you're suffering with agonising pain, plus your kidneys are certainly not able to flush the excess uric acid out, it just doesn't make sense to continue eating high purine foods; giving your kidneys even more work to do, and producing even more acid. You seriously have to look at your diet, especially if it is a high purine diet.

High purine diet consists of the following types of food: all red meat, offal, game, gravies, poultry, roe, anchovies, shellfish, sardines, herring, mackerel, peas, lentils, beans, mushrooms, cauliflower, asparagus, yeast. Avoid alcohol, especially beer.

- When suffering from agonising gout pain you need to avoid these higher purine foods, which can only make the pain worse and prolong your agonies.
- A word of warning though: don't stop instantly, reduce your ingestion gradually over time, state a few days.
- Instant fasting will increase your gout pain at first, but will then reduce.

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Diet and Medical treatment for gout When the excess uric acid crystals enter in the joints then the disease of gout occurs. Commonly gout affect the joint of large toe but the gout can also appears in the joints too. It could be affecting the joints in hand, foot, ankle, wrist and the...



GoutUric AcidUricPurinesNatural GoutNatural Gout RemedyGout

So what can you eat? The next foods can be part of your lower purine diet: complex carbohydrates (e.g. breads, cereal products, pasta, rice, etc.), foods that are high in vitamin C, essential fatty acids (e.g. tuna, salmon, seeds), vegetables (except mushrooms, cauliflower and asparagus), low-fat dairy products, cherries, strawberries, blueberries, grapes. And drink no less than 2 liters of water daily.

Getting rid of, or at the very least seriously decreasing, your usual high purine diet will help get rid of the gout pain and help to speed up your own recovery. But, you also need to ensure that any treatment will prevent your gout returning again. This, is important because frequently recurring gout can definitely cause permanent combined damage and kidney problems. So you need to eliminate your gout pain fast, plus, prevent your gout returning again.

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

To find out exactly what these kinds of ex-gout sufferers know that you never, and also, to get gout pain relief in 2 hours, please go to <http://gout-relief-today.blogspot.com> and start on your assured **gout cure** in minutes.

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