

# Joint Pains No More

**J**oint pains can be really disturbing. Approximately 1 out of 70 UK adults suffer from **gout**. In the United State, it is estimated to be 840 out of every 100,000 people. The most debilitating aspect of having gout is its inflammatory impact on joints causing pain that has a significant effect on daily living.

Benjamin Franklin once said, "Be temperate in wine, in eating girls, and sloth; or the Gout will seize an individual and also plague both of you." There is truth to that. In fact, eating certain foods can exacerbate joint pains. To start with, gout is caused by increased **uric acid** in the body, that forms deposits in joints and tissues leading to swelling that leads to painful joints with stiffness. To blame in this exacerbation of pain is foods full of purines, which are chemical compounds that form **uric acid** once metabolized by the body.



- One thing that can make a great impact on the lives of those affected with gout is to know which usually foods are the ones that should be avoided.
- This includes organ meats, certain these people own in, grain, alcohol, legumes and vegetables.

Is actually best that patients with gout avoid organ meats namely, hearts, kidneys, testicles and brain that incorporate high **purines** that cause a higher level of uric acid. The language is particularly high in purines as well a mincemeats, broths, meat extracts and bouillons. Other meats include those of goose, duck, partridge, pheasant and turkey.

- Aside from meat, seafoods can also cause gout pains.
- These include anchovies, spanish mackerel, herring, sardines, mussels as well as scallops.
- Eating fish eggs can also increase uric levels acid as well as haddock and salmon.
- Even vegetables, though known to be healthy for most of us, can increase uric acid in the body.
- The main vegetables to be able to be avoided are peas, spinach, asparagus, cauliflower, beans, lentils and mushrooms.
- It is true that these vegetables are nutritious but for those afflicted with gout, it might just cause exacerbation of signs and symptoms.

## Grains Will Also be Sources of Purines

Whole grain cereals, breads, wheat bran and oatmeal wheat germ should be taken in moderation as these foods are sources of purines. These foods are common in the diet so, one should really consider on how they can avoid these as much as possible.

- What patients with gout should really avoid is alcohol as it contains high levels of purine that can trigger irritation and stiffness of joints.
- Ale in particular is high in purines together with wine and hard liquor.
- In brewing alcohol, yeast is used which contains significant levels of purines.
- Actually, it is also used in baking.
- Will be difficult to reduce these foods in the diet, nonetheless patients with gout should consider modifying their life to lessen joint discomfort.
- The solution to this is moderation.
- Obviously, one cannot live life usually without eating meat, bass, bread and also alcohol.
- However, regarding these people, eating only a small portion is enough.
- It may surprise all of them as to how it can significantly reduce inflamed and painful joints.

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