

# Prevention of Gout

**P**revention of **gout** mainly lies in controlling level of **uric acid** in the body. This can be done in two ways one being a diet check and another by medication .people along with gout should eat a lot more natural fruit, vegetables, grains, seed and nut products. Cherries and strawberries tend to be recommended .food rich in purine like offal (e.g. kidney, tripe and vinegar based foods and also excessive amounts of animal protein also needs to be avoided .in turn one should eat a low -fat diet.



## People With Gout Have a Higher Risk for Heart Disease

But with necessary diet plan would not only reduced risk for gout but also risk for heart disease. If you have obesity they ought to slowly lose weight given that this can lower **uric acid levels**. However one should realize that losing weight too swiftly can occasionally precipitate **gout attacks**?It is characterized by unexpected, unbearable, unexpected severe pain in addition to swelling, redness, warmth and tightness in the affected joint. It is common in men but women are not excluded either since it affect them right after menopause when it is seen quite often.

Another major prevention factor is reducing intake in the form of beer and wines are related to gout flare-ups one should limit alcohol drinks to one or two measure a day. drinking a lot of water helps prevent further attack .intake of dairy products, such as non-fat milk and yogurt can also lower the frequency of gout attacks.

“



***Gout Treatment and Avoidance Essentials** When considering gout treatment and prevention you should evaluate the negatives of drug-primarily based and all-natural therapy. You can find distinct differences in one distinct element of gout that you re looking for to be conscious of. Here you...*

- Individual should exercise regularly and maintain a healthy body since weight loss will lessen the load on weight-bearing joints.
- Losing weight may also **decrease uric** acid levels.
- Avoid fasting or rapid weight loss because doing so may temporarily raise uric acid levels.
- Exercise also helps to prevent stress.
- Avoiding stress can be an important preservative measure against future gout attack .a healthy mind often means a healthy body.
- Tabitha G Kimani Has been Researching and Reporting on Gout for years.
- For More Information on gout, Visit Her Site at [Prevention Of Gout](#)Post your Views About gout On My personal Blog Here [Prevention Of Gout](#)

**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.