

Understanding Gout and How to prevent Recurring Gout Attacks Ruining Your Health

O rder to prevent *gout* you really need to understand gout. Here is a simple explanation of what it is and how you can stop recurring gout quite naturally, without resorting to drug-based medications, with their nasty side effects...



Understanding Gout Causes

The symptoms of gout are caused by urate crystals that have formed over time in your joints and associated tissue. So where do these types of *uric acid* come from? They are created when you have higher-than-normal levels of *uric acid* in your bloodstream. This condition is called 'hyperuricemia.'

- Okay, so where does the uric acid come from then?
- Uric acid is found naturally in all of us and is actually a byproduct of our body's own metabolism process.
- Our kidneys normally process the excess uric acid and flushes it from the body by means of urine.
- Sometimes though, our kidneys aren't working to their fullest extent so that you end up with an excess of uric acid.
- In other cases, your system is actually generating too much uric acid for your renal system to deal with, even working with 100% efficiency.
- In either case you can end up with high acid levels in the blood vessels, eventually leading to gout assaults.

Understanding Gout Treatment

So, how can you get rid of gout? Well, you can go the well known route which is to take anti-inflammatory drugs for the pain and swelling, plus, drugs to lessen the uric acid if so prescribed by your doctor. These can work for a few people, but others find that their nasty side effects are usually as bad as, or worse than, the pain of their gout.

But, Apart from that, Drug-Based Treatment Only Works Whilst Being Taken

Once stopped, there is nothing to prevent recurring gout, unless you address the fundamental issues that can help trigger the conditions that give rise to high uric acid and thus *gout attacks*.

Understanding the Underlying Issues

Typical issues that these drugs don't deal with are things such as; diet, weight, way of life issues, hypertension, lack of fluids, etc. These, and more, can all assist trigger gout attacks. Take eating habits for example...

“ *Recurring Gout and How to prevent It* Chronic or recurring gout can be serious if you don't take sensible precautions to prevent it. Today I'm going to address this important aspect of gout in particular...The outcomes of frequently recurring gout episodes can be very alarming, to...

“ *Food consists of organic chemical compounds called 'purines.'* These also exist in our bodies and type a very important part of the metabolizing process. But as they breakdown throughout this method, they produce uric acid. So if you eat foods that are high in purines, the risk of gout is much higher.



GoutUricUric AcidGout AttacksUnderstanding GoutPurinesGout

Understanding Natural Gout Remedies

One of the most important things to do is to avoid high *purine* foods. Typical foods in order to avoid are such things as red meat, game, organ meat, poultry, fish, legumes, etc. Typical food you can eat are items like; green leafy vegetables, fruit, foods high in vitamin C, essential fatty acids, complex carbohydrates, and so on. And drink plenty of water to be able to stay hydrated.

- And there are lots of other natural ways to take care of *gout symptoms*.
- For example you can use herbs, specific fruits, natural supplements, homeopathic remedies, acupuncture, acupressure, and so on.
- There are just too many to be able to go into here.

But it is very important to address the underlying issues, because recurring gout attacks could eventually lead to permanent joint injury and also kidney problems, such as excruciating kidney stones...

So next, to complete your understanding of gout so that you can prevent further attacks, please now go to <http://gout-relief-today.blogspot.com> where you will also discover a remarkably simple 2 hour *gout remedy*.

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