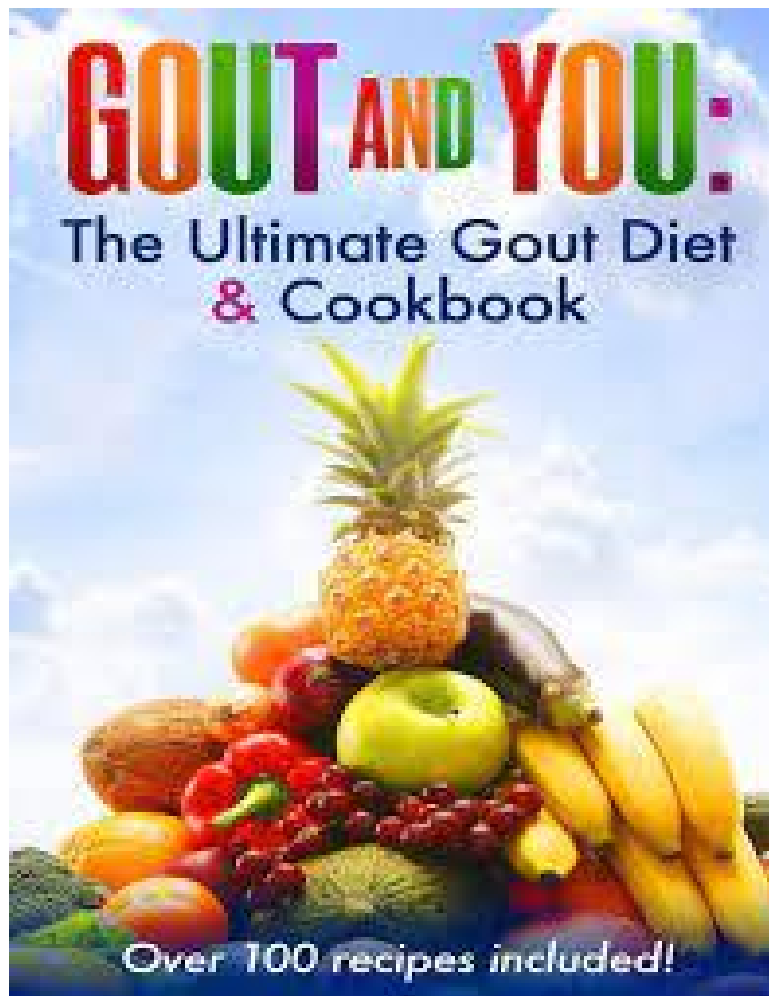




## **Tired of Gout Attacks?** **Do You Want to Lower Your Uric** **Acid Levels?**

**Gout** is a type of arthritis in which small crystals form inside and around the joints. It causes sudden attacks of severe pain and swelling.

It's estimated that between one and two in every 100 people in the UK are affected by gout.



The condition mainly affects men over 30 and women after the menopause. Overall, gout is more common in men than women.

Gout can be extremely painful and debilitating, but treatments are available to help relieve the symptoms and prevent further attacks.

The key is not to eat like a king but how to eat more like a peasant. [Gout](#) was historically known as "the disease of kings" or "rich man's disease" and you'll discover in this eBook how to eat right through a tried and tested diet!



I know what it's like to wake up one morning with a swollen big toe or a gout attack on any other joint in your body, that cripples you and leaves you hopping around in agonising pain. I know what it's like to try some remedy you read on some website only to have another gout flare-up within a few months. You've read my blog posts and have learnt a ton of information about gout but now it is time to learn how to eat properly and more importantly what to eat so you can lower your uric acid levels and stop those gout attacks!

Once you dig in the [\*\*eBook Gout and You\*\*](#): The Ultimate Gout Diet and Cookbook and begin implementing the gout diet right away and using the recipes in the eBook, you'll be surprised how easy it is to follow. Using the information in this eBook including the meal ideas, I've helped many gout patients manage their pain while also increasing energy, slowing the ageing process, losing weight, and building immunity. I have to admit the gout diet described in the eBook is more of a lifestyle change rather than starving yourself, it's a whole new approach to life too! The truth is that you need to make changes no matter what or else your health will only get much worse.



### **Signs and symptoms of gout**

Any joint can be affected by gout, but it usually affects joints towards the ends of the limbs, such as the toes, ankles, knees and fingers.

Signs and symptoms of gout include:

severe pain in one or more joints

the joint feeling hot and very tender

swelling in and around the affected joint

red, shiny skin over the affected joint

Symptoms develop rapidly over a few hours and typically last three to 10 days. After this time the pain should pass and the joint should return to normal.

Almost everyone with gout will experience further attacks at some point, usually within a year.



### **What causes gout?**

**Gout** is caused by a build-up of a substance called uric acid in the blood.

If you produce too much uric acid or your kidneys don't filter enough out, it can build up and cause tiny sharp crystals to form in and around joints. These crystals can cause the joint to become inflamed (red and swollen) and painful.

Things that may increase your chances of getting gout include:

obesity, high blood pressure and/or diabetes

having a close relative with gout

kidney problems

eating foods that cause a build-up of uric acid, such as red meat, offal and seafood

drinking too much beer or spirits

## **Treatments for gout:**

If you have gout, treatment is available from your GP to:

relieve symptoms during an attack – this can be done using ice packs and by taking medications such as non-steroidal anti-inflammatory drugs (NSAIDs), colchicine or corticosteroids prevent further attacks – through a combination of lifestyle changes, such as losing weight or changing your diet, and taking medication that lowers uric acid levels, such as allopurinol

With treatment, many people are able to reduce their uric acid levels sufficiently to dissolve the crystals that cause gout – and as a result have no further attacks. However, lifelong treatment is usually required.



**[PREFER TO READ MORE...CLICK HERE](#)**