

# Gout Treatment-How Different Approaches Can Effectively Treat Gout

**G**out is undeservedly the subject of jokes but it really should not be because of the serious nature of the condition and the considerable distress the sufferer finds him/herself in. Gout typically affects men over 40 and women over 50 but it can strike upon other age groups as well. It is often associated with being overweight and with a tendency to diabetes and hypertension. The single most important cause of gout is of course hyperuricemia, and excess of **uric acid** formed by **purine** metabolism. However it is not the only cause, as it needs a low blood acidosis for the **uric acid** to precipitate and form crystals in the joints. Once this happens, the symptoms show out of the blue and dramatically, typically in one of the big toes regarding 75% of situations, but also in the ankle, leg, wrist and fingers.



The typical situation is this: the big toe suddenly appears greatly swollen, inflamed and very sensitive to the slightest touch upon waking up in the morning, causing a great deal of pain and reduction of lifestyle. Uric acid is normally excreted by means of urine, yet a protein nutrientdense can overload the particular kidneys leading to an accumulation of uric acid until eventually will precipitate and make up the crystals with the painful consequences. Red meat and ocean food are widely regarded as the main culprits for uric acid build up because they are high in purines due to the vast number of mitochondria present in lean muscle tissue cells. Not just protein rich foods, but also alcohol consumption can lead to the same results, with beer becoming the usual trigger of a gout assault.

## Is Possible to Deal With the Problem With Different Approaches

To begin with, by reducing the symptoms, such as pain and swelling. Secondly, by preventing further attacks. Thirdly, by reducing uric acid. Non steroidal anti inflammatory drugs and colchicine are effective in reducing pain and swelling but they are what they are, drugs with all the unpleasant side effects. They cure the symptoms but not the cause. Reducing the supply of purine and dissolving crystals back into the bloodstream so they can be excreted in order to prevent them from happening again is a better approach. A complete overhaul of diet to reduce permanently uric acid is the best solution.

Is most beneficial to do something about gout as soon as that shows up as well as before the onset of tophi or the gout turn out to be chronic. At that stage only surgical procedure can remove tophi as well as correct joint deformity from arthritis. Eating habits should be void of meat, fish, alcoholic beverages and fructose while drinking plenty of water in order to facilitate dilution and excretion of uric acid.

- Protein supply needs to be left to dairy products simply, milk and cheese, as they are low purine.
- No muscle tissue cells here, just amino acids, the building blocks of proteins.

To sum it up a **gout treatment** is relatively easy to manage and the diet implementing it should not be boring or incomplete by any means.

*Find out exactly how to be able to implement gout treatment with this gout treatment program.*

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