

# Importance Of Gout Diets And The Arthritis Pain

**G**out is a type of arthritis that causes recurrent joint pain, inflammation and swelling. Although the symptoms of gout are usually perceived in the lower regions of the body (big toe, heels, ankles, knees), they can occur in regions of the upper body as well (shoulders, elbows, wrists and fingers). Data indicate that gout affects around 3.5 million people in the United States. Gout is usually seen in those with ages 50 plus, hardly ever affecting young adults and children. Although gout can occur in both genders, the disease has the highest incidence in men.



Corroborated with an appropriate medical treatment, a healthy diet can reverse the undesirable

“ The main cause of gout is the accumulation and deposition of **uric crystals** at the level of the joints and adjacent soft tissues. **Uric acid** is a waste product that results from **purine** metabolism. Most cases of gout occur due to under-excretion of uric acid on the premises of kidney dysfunctions. Nonetheless, the intake of purine-rich foods greatly plays a part in the development of gout as well. Thus, food regimens substantially effect the event and the progression of the disease.

effects of gout, also minimizing the risk of relapse. Due to the pronounced chronic character of the disease, gout sufferers require continuing treatment and need to respect a correct long-term food regimen. It is important to note that in which **gout diets** alone can't overcome the condition completely. In order to achieve a complete recovery, people affected by gout also need to make lifestyle improvements. If necessary, gout victims should take measures in reducing your weight, getting more physical exercise and reducing stressful conditions.



GoutUricUric AcidGout DietsUric Acid LevelsPurinesPurine

## Gout Eating Plans Work on Multiple Levels

Their main goals are to lower serum **uric acid levels** and to reduce the dietary intake of purines. In order to reduce serum uric acid levels, gout sufferers need to help their organism excrete this substance from their system. Those with gout should drink no less than two liters of pure water or even unsweetened, non-alcoholic beverages each day.

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*Taking Care of Your Feet You still have miles to walk! Our foot is composed of 26 bones in total, 33 joints, and more than hundreds of nerves, ligaments and muscles. The complexity of the foot s structure as well as the kind of pressure that our toes endures day after day, it is quite likely that issues...*

Order to be able to prevent the accumulation of uric crystals inside the body, gout sufferers are advised to limit the intake of foods that contain high levels of purine. A gout diet should completely exclude organ meats (heart, liver, kidneys), and seafood (shrimps, mussels), as they are very rich in purines. Try to replace these foods with small portions of boiled, steamed, grilled or roasted white meat. It is essential in order to avoid frying your meals, as greasy foods are not well tolerated simply by people who suffer from gout. Gout sufferers should also limit their intake of simple carbohydrates (sweets), as they also facilitate the progression of the disease.

- Gout diet should contain complex carbohydrates (potatoes, rice, whole cereal products, pasta), green vegetables and fresh fruits.
- Low-fat dairy food such as skim-milk and also light yogurt can be safely included in any gout diet.
- By drinking two glasses of skim-milk each day, one can greatly reduce the frequency and the intensity of **gout attacks**.
- Low-fat milk products can normalize serum uric acid concentration and so they are suggested to all people affected by gout.

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