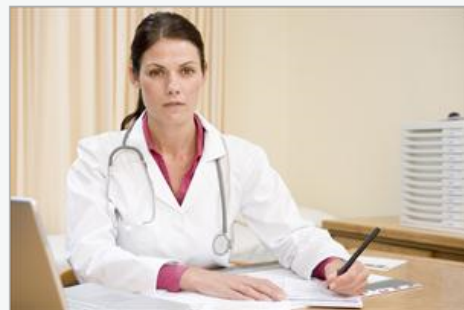


# Purine-Rich Foods are Gout Foods to avoid - Is Purine Really Bad?

**W**e have often concentrated our attention in the kind of **gout foods** to avoid. Avoidance of purine-rich food is often touted as the most effective way to prevent the formation of **uric crystals** that cause **gout** pains.

- **purine** really that bad?
- In what other ways does purine affect our health?
- This may come as a surprise to you but the answers are very alarming.

Our quest to remove uric crystals from our body, we all have been pumped track of the information that avoiding purine-rich foods will supply the best treatment. Thus, the following information may finally convince you to regulate your purine intake.



## The Role of Purine in Our Body System

Purine in all of its notoriety among gout sufferers plays quite a significant role in our body system. Purines and its partner pyrimidines are scientifically set up as the building blocks of nucleic acids DNA and RNA.

- We may know little about Genetics and RNA but we all are aware that these nucleic acids have something to do with a person's genes.
- They will carry the genetic code or the genetic information of all living organisms.
- Although there are statements to the effect that not all genetic information can be found in the genetic codes.

## Two Scientists, Ted Page Ph.D

And Mary Coleman M.D, have established the fact that a common factor among autistic children is an abnormality in their purine as well as pyrimidine metabolism. This piece of information actually had its beginnings as far back as 30 rice, but was not intensively pursued because only a few laboratories then performed like tests about Dna and RNA.

Based on the findings of these two doctors, a particular subtype of autism are tested to possess high amounts of **uric acids** in their urine. These group showed autistic symptoms such as disinterest in having social contact, inability to convey, showing repetitive actions such as toe-walking as well as hand-flapping gestures, tendencies to be able to self-injure, high sensitivity in order to even receptions, and notable low level of reaction to be able to pain. These symptoms have been often relieved with low purine diets.

## What Actually Causes Uric Levels to Rise?

The uric chemicals found in purines are broken down by an enzyme called uricase. It is said that a deficiency in this very enzyme is the cause why **uric acid levels** can reach excessive levels. Therefore, the body's lack of the enzyme uricase will be the final reason the reason why our uric levels increase.

Further experiments and tests have shown that vegetarians, manifest low levels of uric acids because of the total absence of meat in their regimen, as well as the abundance of vegetables in their regular diet. Therefore, less meat and more vegetables would be the most ideal diet considerations.

## Other Suggestions to Improve Your Diet

Eliminating protein from meat is not totally suggested because the entire body also needs some of its nutrients. However, the suggested amount of protein in what you eat is a limit of 15% of protein info to energy if you are into slim meats and chicken. The ingestion of animal fat should be maintained at less than 10% whilst calories from fats as a whole should only be at less than 30%.

- Provide more nutrients coming from carbohydrates which usually we get from vegetables, fruits, whole grains, and cereals.
- Drinking coffee, tea, and dark chocolate beverages are allowable in moderate levels.

Fruits which have been proven to be highly beneficial are tangerines, garlic, blueberries, fresh cherries, strawberries, apples, oranges, and mandarins. There is certainty in countering excessive uric levels if we eat the following vegetables: red cabbage, parsley, green leafy vegetables, red bell pepper and potato.

Knowing that there is another possible problem resulting from high uric acid levels, may finally encourage us to adhere faithfully in low purine diets. This is to avoid not only gout pains but also the possibility of our genes to carry over genetic codes of autism in our next generation. Purine-rich foods are definitely the gout foods to avoid.

Alvin Hopkinson is a leading researcher in the region of natural remedies and gout therapy. Know how you can have instant gout alleviation utilizing proven natural home remedies, all without using harmful medications or drugs. Check out his site now at <http://www.goutremoval.com>.

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