

# Simple Tips to avoid Gout Attacks

**S**o you might be a *gout* sufferer worrying about how to reduce **uric acid** in your body, but you don't want to resort to taking pharmaceuticals immediately. That is a very smart and healthy way of thinking, as drugs might have side effects in the long run that might hurt you. Luckily for you there are natural and healthy steps you can take to reduce the risk of getting painful gout assaults. Just make it a habit to follow these tips.



## Drink Plenty of Water

Yes, it's as simple as that. Water dissolves **uric acid** and helps the kidneys and your excretory system maintain a healthy level of it in your body. Make it a point to drink 2 - 3 liters or 8- 10 glasses of water daily, evenly spaced throughout the day. I know I don't have to remind you to not try to drink it all at once.

## Maintain a Healthy Body Weight

*Gout patients* are usually men who are in their 40 s and are somewhat to be able to morbidly overweight or obese. Exercise regularly and maintain a proper healthy nutrition to reach and maintain your ideal weight. This will help reduce your **uric acid levels**. However, crash dieting or a sudden drop in your weight is counterproductive and may actually increase the awareness in your body and result in **gout attacks**. Also, make sure you don't overuse the gout affected areas of your body during exercise.

“ Watch your **purine** intake. *Uric acid* is the byproduct formed when your system breaks down and metabolizes purines. Purines are organic compounds found in the genetic structure of plants and animals. That means all kinds of food have purines, though some foods include more purines than others, and as a result produces more uric acid when they are digested.

- Is just common sense to watch what food you eat and know very well what foods to avoid with gout.
- You can also take up a low purine diet, in places you eliminate foods with high purine content from your diet.
- This will help lower your uric acid levels as well as prevent your gout from appearing.

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*Causes of Gout Flare Up and How Your Diet Can help you Beat the Miseries of Gout* A gout flare up is excruciatingly painful, so you need to do something fast to relieve your gout symptoms. Changing your diet can help a lot. Find out, here, just why diet plays such an important role in the cause of gout, and the way by making some...



GoutUric AcidUricPurinesGout AttacksUric Acid LevelsGout

## The Most Important Factor for These Tips to Work is Discipline

It might mean saying no to your favorite dish or dragging yourself to be able to the gym or health club. But I am sure you'll agree that this is a worthy trade-off to the excruciating pain of experiencing gout.

You are looking for more ways to prevent gout attacks and get rid of excess uric acid, visit <http://howtoreduceuricacid.net>. Put an end to your own suffering and start learning how to deal with gout.

Article Source: <http://howtoreduceuricacid.net/3-healthy-habits-to-lower-uric-acid-naturally/>

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