

Turn to Diet for Everyday Ailments

PThe old cliché that you are what you eat is quite true. Many people suffer from certain health conditions that even though may not be cured, can be controlled via your diet. Almost all foods have particular features that affect the body in different ways. Nutrients tend to be broken down and used in different ways, permitting your body to use them the way it wishes.

- Herbs happen to be forever rumored to help your body reach its full potential, but they are not the only answer.
- Your own grocery list has foods on them that can help whatever ails you, but you'll want to alter them just a little.
- Many of the foods we eat are processed, but they are really over processed.
- Chemical additives come in the foods, but you might not even know it.
- The Food as well as Drug Administration's restrictions on food labeling might be a little more lax than you thought.



Ingredients need to be listed on the nutritional facts label on food packaging, but ingredients that make up the ingredients don't necessarily get listed. This can create problems if you are trying to avoid certain substances for health reasons.

How Gout Was Controlled Through Healthy Foods

My account has taken place over the last twenty two months. I was faced with gout as a twenty five year old, much younger than the average man dealing with it. Gout is a form of arthritis that affects the joints like the big toe, ankles, and knees. My gout affected both of my big toes. **Gouty arthritis** is a very painful condition; a bed sheet is too heavy to be placed on the toe. The toe swells and it is almost impossible to walk, let alone wear shoes. It comes on without warning, lasting up to two weeks.

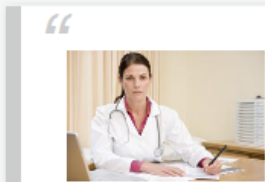
The Initial Trip to the Physician's Office, I Was Diagnosed With Gout

All the usual signs and symptoms. I could either wait it out or even take a pill everyday to control it. The culprit is **purines** in foods, and the kidneys' inability to eliminate **uric acid** which comes from purines in the digestive process. Purines are found in steak, bacon, beer, red wine, pastas, and also everything else I enjoy on a regular basis. The list is fairly long.

- Refuse to take a prescription drug for the rest of my life.
- I don't also want to take aspirin.
- How can I change my diet without having removing my favorite foods?

Diet Experimentation

Working in restaurants my entire life has given me the ability to prepare and lots of food knowledge. I took this info to the grocery store. I found an excellent organic food store one city over. What organics offer is purity. The foods are not shelf stable for long as long as those in the conventional food markets, but I don't care. I know what is in the food. Ared pepper is made from pepper plants grown in organic soil without any preservative chemicals or polish coatings. My grocery bills are a little more expensive, but the health care costs I prevent offset the difference.



Recurring Gout and How to prevent It Chronic or recurring gout can be serious if you don't take sensible precautions to prevent it. Today I'm going to address this important aspect of gout in particular... The outcomes of frequently recurring gout episodes can be very alarming, to...

Through My Testing With Meals, I Realized that I Really Didn't Need to Change My Diet

My gout is caused from nitrates and other chemicals that are used to preserve red meat, bacon, and other foods. All natural bacon that is not preserved with nitrates does not affect the gout. I used to feel it coming on as I ate the old foods.

Reveal Your Food Aids

The physique really does have the ability to heal itself; you just have to let it. Capsaicin, which can be found in all kinds of peppers from the bell variety in order to jalapeño in order to chilies, is observed to help soothe inflammation from arthritis. They will work from the inside or the outside in paste form. There are foods that will work to help whatever ails you.

Any Lesson to be Learned is Trials

Most of us are too quick to accept the prescription drug in us, but there are a lot of side effects. They are hard on the body and the digestive system, which can create more problems. A straightforward diet is better.

When You are At the Store, Just Think about What They Ate One Hundred Years Ago

Did they consume at fast food restaurants and make dinner out of boxes? Processed foods can last literally years and years before getting old. Doesn't that sound unreal? Organic meals without chemicals won't last as long, and you'll have to make more trips to the store or farmer's market. In my case, I think it is worth the extra effort. If I don't need a prescription drug to control the gout, I'll get it done.

- About the author: Robb Ksiazek writes and publishes valuable information at Body-Mass-Index-4U.com.
- He researches and practices health and wellness, and believes the mind, body, and soul work in unison in the direction of a fulfilled life.

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