

## Gout Can be the Course of Wrong Eating Habits

**Y**ou may see that not so old people struggling with joint pains. This is due to a painful form of arthritis known as **Gout**. The condition is a result of **uric acid** build-up in the blood. The **uric acid** is actually produced as a byproduct when the physique digests a material known as **Purines** that are commonly present in many goods we intake. The breaking down of purines results in uric acid. Normally, excessive uric acid is flushed out of the body via urine. However, this does not occur, in the case of gout. Excessive uric acid crystalizes and collects in the spaces of the joints. This is extremely painful. There are various treatment options for gout. However, the best way of **treating gout** is with medications such as Uloric.



- There are usually various methods of preventing gout.
- Some of these methods may call for certain lifestyle changes that can bring you much relief sans the joint aches and pains.
- Here are our top tips for avoiding or reducing a grout attack.

### Avoid High-Fructose Corn Syrup

Many foods contribute to the development of gout. These include anchovies, asparagus, mushrooms, as well as, organ meats; there is another offender that you need to stay away from. This is high-fructose corn syrup. This can be found in artificially sweetened drinks. Consuming two or more sweetened drinks a day raises the risk of gout by 85%. High-fructose corn syrup can also be found in processed meats and other foods.

### Ideal Body Weight is a Must

In order to prevent the onset of gout, you need to keep your weight at its ideal limits. Being obese can significantly raise your risk of various illnesses which includes gout. Weight problems can aggravate the symptoms of any arthritis, especially the weight bearing joints.

- Control your diet -Your diet is an extremely important factor to take into account when you have gout.
- For example, an excessive intake of sugary foods can increase insulin levels in the body.
- Elevated blood sugar levels can cause inflammation related to gout.
- Keeping the diet healthy and based on your requirements can help prevent gout.

### Avoid Alcohol

Alcohol is a strong risk factor for gout. Alcohol can increase blood sugar levels too. Alcohol is especially bad for **gout patients** because it raises **uric acid levels**. This can even cause a **gout attack**.



GoutUric AcidUricGout AttacksPurinesGout PreventionUric

- Exercise with regard to **Gout Prevention** - Exercise is extremely beneficial in preventing a number of diseases.
- Exercise may also help prevent gout.
- Though you should not exercise when you are in pain, you should consider exercise when gout is under control.
- Exercise may also prevent further gout attacks.

### Eat Lots of Cherries and Strawberries

Cherries contain anthocyanins and also bioflavonoids. Both of these compounds help prevent gout. Cherries, strawberries, blueberries and other berries are antioxidants that fight free radicals. Antioxidants replace free radicals before they can cause any damage to be able to the body.

### Gout is a Painful Condition that Will Significantly Lower the Quality of Life

If you suffer from gout, you should seriously make some lifestyle changes. These factors and medication, such as, Uloric will help treat and prevent gout assaults. The medication is available through various pharmacies online.

- Lisa Wolfe is specializing in writing articles on how to save on medication by buying from a canadian pharmacy.
- For more information about Canada Pharmacy On the internet please visit [Canadapharmacyonline.com](http://Canadapharmacyonline.com)



“ **Domenic Golden**

*Domenic is a head content marketing specialist at [musclenstress.com](http://musclenstress.com), a collection of articles on health issues. In the past, Domenic worked as a post curator for a well-known health site. When he's not writing posts, Domenic enjoys drawing and rock climbing.*

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.