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Gout Causes and Foods and Diet for Gout

Thu July 19, 2018

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Gout Treatment

Gout is a very painful rheumatic condition related to arthritis which has no cure, but has effective management techniques. One of the most traditional form of treatment is medication prescribed by a physician. However, there are alternative cures that can be administered either in place of, or perhaps as a complement in order to, a doctor's care. Regardless of what method is used, it is always wise to discuss your intention with your doctor prior to making any decisions and to begin treatment as soon as the condition has been diagnosed. Gout can worsen over time and trigger considerable accumulation of [uric acid](#) when left untreated. This can lead to kidney disease, permanent damage to the joints, and more severe arthritis.



Diet There are some simple changes that one can make in this diet to decrease the [uric acid levels](#) in the bloodstream and joints, and also help manage other disorders often experienced by [gout patients](#). These issues contain high blood pressure, atherosclerosis, diabetes and obesity. Limiting purine-rich foods such as beef, pork, lamb, sardines, anchovies, kidney, liver and meat gravies is actually recommended. The addition of raw fruits and vegetables such as celery, tomatoes and fruits can reduce inflammation and acidity, and are a great source of nutrition.

“ Water and other Fluids Your organs need to be functioning well in order to flush the [uric acid](#) out of the body, so it is highly recommended that a person with gout eat at least two liters of water per day. Lack of fluids can most certainly reduce kidney function and cause uric acid to build up. Studies have shown that [cherry juice](#) (100%) can shorten acute [gout attacks](#) and birch leaf, celery, as well as parsley juice enhance flushing of uric acid from the membranes and tissues. Alcohol may increase uric acid by speeding up the metabolism of [purines](#) causing impairment of the kidney and liver function, so it should be avoided when possible.



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Exercise Physical exercise is essential for proper metabolism of toxins through the entire body, and relaxation techniques to reduce stress are suggested as well. Several studies have shown that being overweight can increase one's risk for gout by several-fold, and also plays a role in hypertension associated with gout. An excellent exercise for gout patients is swimming, along with yoga.

- Supplements There are several supplements available which are known to reduce inflammation and uric acid in the bloodstream.
- Turmeric and ginger are effective anti-inflammatory supplements, and may also ease the pain and edema.
- Fish oil supplements which contain omega-3 oils have been known to reduce swelling and pain as well.
- Foods that contain omega-3 include soy, fish, walnuts and also fortified foods such as eggs.
- Other supplements to think about for prevention and treatment based on the research for gout include selenium, vitamins A and E and aspartic acid.
- Undoubtedly, gout is a serious condition and the treatment must be personalized in both cases for the most effective and practical result.
- It is very possible that these and other alternative approaches can be combined with traditional treatment prescribed by your doctor.
- If addressed promptly, gout should not interfere in the quality of one's life.



“ **Domenic Golden**

Domenic is a head content marketing specialist at [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.

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