

Gout - Alcohol Consumption and Gout Attacks

Studies have proved the link between alcohol consumption and **gout**. Beer especially is a trigger for gout. Discover here why and how to prevent **gout attacks**.

Let's Look At the Cause of Gout First...

CAUSE OF GOUT.

- Gout is brought on by the presence of needle-like crystals in your joints, muscles and also surrounding tissue.
- These give rise to the symptoms of gout; inflammation, redness, tightness, swelling, heat, as well as horrible, horrible pain.
- Urate crystals can form when you have higher-than-your-normal levels of **uric acid** in your blood.
- **Uric acid** is the result of the standard metabolizing processes in your body.
- Compounds in your cells and within your foods called 'purines' breakdown during these processes and form uric acid as a byproduct.
- Your kidneys take in and process the uric acid thus created.
- They excrete excess uric acid out of your body via urine and retain enough acid levels that your body needs.

Sometimes your kidneys may become 'overwhelmed' and can not process and expel enough uric acid, leading to excessive **uric acid levels** circulating in your blood. This condition next allows for uric acid to form in your joints.

PURINES as Well as GOUT

So you can see that, although uric acid crystals cause your gout, the purines that produce the uric acid in your body in the first place are at the very heart of one's gout.

- Purines exist in the food in varying concentrations, but they can also appear in several drinks.
- And beer, especially, has some of the highest purine levels.
- Not only that, non-alcohol beers can contain even more purines than standard beers!

GOUT and Alcohol CONSUMPTION

Has long been thought that alcohol and gout were associated in some way. But now research has proved that link...

Is known that a dehydrated body finds it significantly more difficult to excrete uric acid, so that a dehydrated body is more likely to have higher uric acid levels. And alcoholic beverages is known to dehydrate the one who consumes it. So, in this alone, you can see that gout and alcohol consumption are linked.

- Tests, men who drank the most alcohol had twice the risk of gout as men who did not drink.
- Even with relatively low alcohol intake, the risks of gout were still significantly higher.
- Those who drank beer and spirits were found to have the highest risk among alcohol drinkers.
- Beer drinkers increase their risk by 50% and spirit drinkers by 15%.

BOTTOM LINE and Other ISSUES CONCERNING YOUR GOUT

The bottom line is this; if you suffer from gout and are a drinker, you would be well advised to cut-out alcohol. The thing is, not just getting over one gout attack, but preventing future gout attacks is of paramount importance.

Not just because of the excruciating pain, but because of the potential dangers of permanent joint damage and kidney problems (such as painful kidney stones) down the line. And also because once having suffered a gout attack you're very likely in order to suffer more.

And, of course, there are issues such as your lifestyle, diet, weight, family history, etc, to take into account, to find a cure for your gout.

You're in Fortune Even Though

There's a unique gout report available online see below that has all the information you need in one place. It is what thousands of ex-gout victims worldwide have successfully used to prevent their gout returning. It also contains a special 2 hour gout remedy program.

And it uses fully-researched, totally natural methods. So that you will benefit two ways: (1) you get rid of the excruciating pain very fast, and, (2) you prevent your gout returning, so that you reduce the risk of permanent damage.

You would like to get gout alleviation in 2 hours, plus, prevent your gout returning in the future, then go to <http://gout-relief-today.blogspot.com> and discover how you can quickly do both without expensive drugs with their awful side effects.

The author constantly researches health issues then writes reports on his findings so that you are perhaps more aware of the facts, and, better able to make an informed decision on picking a treatment and cure. Remember to always speak to your doctor first. Natural remedies for Gout.



“ **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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