

# High Uric Acid Foods to avoid to Stop Gout Attacks Ruining Your Life

**W**ant to know the high **uric acid** foods to prevent if you have gout, and want to prevent future attacks? Here, you'll discover a list of food to avoid, plus, a list of reduced **uric acid** foods you are able to eat as a **gout** sufferer.

## WHAT are the Causes of HIGH URIC ACID?

Order to understand this, you need to be familiar with natural chemical compounds that all of us have in our bodies, and, that also is out there in our foods. These substances are called "purines". They are essential in the process to provide us with our protein and energy.

During this process, however, **purines** actually break down, and one of the byproducts of this response is uric acid in your bloodstream. Your kidneys then method and expel excess uric acid from your digestive system by way of your bladder and urine.

Unfortunately, when either there is too much uric acid being produced, or, your kidneys cannot method it fast or efficiently adequate, excess acid is maintained in your blood stream and circulated around your body. This excess acid can then be deposited in crystalline form in your joints (your big toes the majority of the time, but other joints since well).

*Under the microscope these crystals are usually in the form of tiny needles which give rise to the symptoms of gout; inflammation, inflammation, inflammation and, obviously, amazing pain.*

## But WHY SHOULD Some FOODS be Ignored I.E. High URIC ACID FOODS?

Remember above how uric acid is produced by purines, and, purines also exist in our food? Well, a lot of purines can lead to too much acid for your kidneys to handle and you end up with excess acid in your blood, leading to crystals in your joints and thus a **gout attack!**

*So it's just common sense that a person suffering a gout attack, or, someone who has regular gout attacks, should avoid foods that are high in purines.*

- And it becomes even more important when you learn that once having one gout attack, you might be almost certain to have others.
- And also repeated, frequent gout attacks can lead to permanently damaged joint parts and kidney stones.

## HIGH URIC ACID FOODS to Prevent (HIGH PURINE FOODS)

The following are foods that are either high or very high in purines and should be avoided...

Heart, liver, kidneys, brains, sweetbreads, broth, consomme, gravy, meat extracts, red meat, shellfish, mackerel, sardines, herring, fish roe, goose, turkey, partridge, baker's and also brewer's yeast, and yeast extracts. Plus, you have to avoid all alcohol, but specifically beer.

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The following are foods which can be moderately full of purines and should be drastically reduced, or, better still avoided altogether...



GoutUric AcidUricPurinesGout AttacksUric Acid LevelsUric

*Asparagus, cauliflower, mushrooms, lentils, dried beans, spinach, dried peas, oatmeal, as well as soy.*

## FOODS YOU can EAT as Part of a Low URIC ACID DIET

The following are foods that can make up a sensible, relatively low purine diet...

### Essential Fatty Acids (E.G

Salmon, tuna, seeds, flaxseed, nuts etc.), complex carbohydrates (e.g. pasta, rice, cereals, green-leafy vegetables, fruit, bread -- but avoid white flour products), low-fat dairy food, foods high in vitamin C (e.g. potatoes, red cabbage, red bell peppers, oranges, tangerines, mandarins, etc.), fruit juices, and drink at least 2 liters of fresh water every day to help your kidneys flush excessive uric acid from your system.

- Your diet is at the heart of your recovery from high **uric acid levels** leading to gout.
- But, as with most things in life, it isn't quite as simple as that.
- There are many other issues for you to think about in order to relieve the symptoms of gout, and, reduce high uric acid levels in the blood.
- Also to prevent future gout assaults and possible joint and kidney damage.

## You're in Luck Though

There's a uric acid gout report available online see below that 1000s of ex-gout victims worldwide have successfully used to prevent their gout returning. It also contains a special 2 hour gout alleviation program. And it uses fully-researched, totally natural methods, without resorting to be able to expensive drugs with their horrible side effects.

*So that you benefit two ways: (1) you get rid of your own excruciating pain very fast, and, (2) a person prevent your gout returning, so that you reduce the risk of permanent damage to your joints and damage to your kidneys including painful kidney stones.*

You want 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 see how you can quickly do both utilizing completely natural means. Simply click here now.



“ **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.*

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