

## How To lose weight With A Diet For Gout

**H**ave you ever slammed a car door on your fingers? Have you experienced the hot, searing, excruciating pain that shoots through your own hand, which radiates through your entire body, when you do this? For those who have then you have a small idea of what **gout** suffers go through for hours at a time.



- You are overweight you are a prime candidate to get hit with a severe case of gout.
- This article will explain how to lose weight with a diet for gout.
- By the way in which the information contained in this article is not medical advice, nor should it be taken as medical advice.
- This is for informational purposes only.
- As always with a physical illness you should check with your personal doctor right away.
- Please! keep reading.

Gout is a type of arthritic illness which occurs in a mans extremities such as the fingers, elbows, knees and toes. **Uric acid** is the cause of gout and when there is too much **uric acid** in the bloodstream, crystal deposits kind in your joints which causes inflammation, inflammation and excruciating pain.

- You might be one of the thousands upon thousands of people who thought gout was a thing of the past.
- However, it is alive and well in today's overweight society.
- Obesity is one of the major contributors which can result in this painful attack on your joints.
- The old days gout sufferers used to have to drastically change their diet to relieve and prevent **gout symptoms**.
- However contemporary medicine has eliminated this requirement.
- Irrespective of drugs however, it will help you to undergo some diet restrictions so as to reduce your weight and the severity of the gout assaults.
- Do you eat a lot of meat, especially redcolored meat?
- If you do it will help you to shed those extra pounds by restricting yourself to 6 ounces of meat per day (preferably chicken or fish).
- In addition it's going to reduce the chances of a **gout attack** occurring.
- This is due to the **purines** found in meats.
- If gout sufferers eat a lot of food containing purines (a chemical) then uric acid can form, leading to gout.

Other foods that are particularly high in purines are: Mackerel Herring dried beans dried peas liver kidney anchovies

### Where Possible These Foods Should be Avoided When Following a Diet for Gout.

There are many other diet tips that can help to be able to minimize the occurrence of gout and help you lose weight while doing so. These are just a couple of suggestion which may help you. Again check with your doctor to make sure it really is ok to use these tips.

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*Top solution for home remedies for gout Amazing product for home remedies for goutThe second is managing purine consumption through diet regime. When it comes to medication, you are going to want to speak with your doctor about which medications will deal with your gout properly....*

### The Avoidance of Alcohol is an Important Factor for You to Keep in Mind

Extra alcohol affects the removal of uric acid from your body. A gout attack supplemented with alcohol can be bad in a short time, as hyperuricemia can occur. Ideally alcohol should be completely removed by almost all gout sufferers.

- Drinking a lot of water can have a positive effect on gout as water helps in the removal of uric acid which is what gout sufferers need.
- Furthermore, as you know water will help you to digest your food more thoroughly and help as well flush the excess through your body.



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### Weight is an Issue that Needs to be Addressed

Excess weight puts extra stress on the joints and drastically increases the chance of gout and also hyperuricemia. Sensible weight loss which avoids excess purines is the correct way for gout sufferers to lose weight without increasing the risk of illness. High protein diet programs can be dangerous as most protein comes from meat and fish. Furthermore avoid low carbohydrate diets; instead maintaining a balance of various vitamins and minerals.

- There are many low purine foods that could make up the majority of the diet for gout sufferers as well as the overweight.
- These include:

Low fibre breads and cereals 2. Vegetables 3. Fruit juice 4. Low fat cheese 5. Nuts 6. Peanut butter 7. Sauces (without meat) 8. Strawberries 9. Dark berries.

- You are an avid meat eater you may find it hard to adjust to a virtually meat free diet.
- Consider tofu as a meat alternative.
- It has a rough texture and is filling like meat.

*As you can see a diet for gout is a healthy diet, which can also help you to lose weight.*

- The one thing that will give you the edge in Losing weight is to act.
- Do it right now.
- You won't lose weight if you don't start today:



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