

Natural Gout Remedy - A diet Low in Purines

Diet low in **purines** is a **natural gout** remedy that can greatly reduce the chances of you getting the disease. In the event that you already have gout, this diet will give you a natural fix for those excruciatingly painful **gout attacks**. It has been found that men are more likely to get gout, especially as they get older. It seems that the older we get the more we indulge in foods and beverages an excellent source of purines. In the process an excessive amount of **uric acid** in the bloodstream, referred to as hyperuricemia, builds up and leads to the disease.



When the sharp crystals form in the body they will find their way to the joints and this is what causes the pain. The kidneys job is to break down purines for elimination. If there is an excess, the kidneys cannot thoroughly crack them all down and this will cause the **uric acid levels** to be high. Engaging in a diet low in purines is the key to be able to lowering the **uric acid** to a safer as well as lower level in order to avoid gout attacks. For those who have gout, or are at high risk for the disease, there are several foods, high in purines, that you need to avoid.

Beef, Pork, Lamb, Fish as Well as Bacon Tend to be Very High in Purines.

Foods full of yeast should also be avoided. They include beer, bread and some alcoholic beverages. However if you are on a low purine diet, you can occasionally indulge in these, but sparingly.

Some cases vegetables, such as peas, spinach, asparagus, cauliflower and mushrooms should be avoided as they can further aggravate the symptoms.

- Poultry is also an excellent source of purines.
- These include chicken, turkey as well as duck (white poultry).

Kidney and lima beans are also a no-no, in addition to cereal and breads made out of whole grain.

You can safely incorporate some foods straight into your low purine diet (within reason).

Fruits and Fruit Juices

Tomatoes and green vegetables.

Breads Not Made With Yeast

Milk and merchandise made with milk (butter and cheeses)



GoutPurinesUric AcidUricGout AttacksNatural Gout RemedyGout

Chocolate

Coffee and tea.

- Gout sufferers, and those prone to develop the disease, should stay away from low carb diets.
- These diets are extremely full of purines because they consist of an abundance of meats and dark veggies.
- This type of eating habits is only going to aggravate an existing attack of gout.
- Gout has always been known as the "disease of kings" or the "rich man's disease".
- Only the wealthy could afford to eat like this on a regular basis.

Eating a Diet Low in Purines Has Great Health Benefits

So far as weight loss, it is actually better than reduced carbohydrate diet because you will maintain your weight loss better. You can find natural treatments which will help control or prevent gout; however, staying away from the list of foods high in purines will help with the signs and symptoms.

Are You or Someone You Care about Suffering from Gout?

Discover more information about Gout And also Relieving Gout Signs at All About Gout at <http://www.squidoo.com/all-about-gout>.

- Are you making the right choices for your health issues.
- Debbie has been researching natural health care treatments and remedies.
- In doing so, she has created relationships with certain experts and in suggesting their products may receive compensation.



“ Domenic Golden

Domenic is a head content marketing specialist at musclemstress.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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