

# Thoughts on Gout Prevention

**H**aving a **gout** attack is one of the most painful problems that one can suffer through, hence it's no surprise that many want to know the means of gout avoidance. No doubt, prevention is best achieved following a specific diet, but there are other means of gout prevention available as well.



## Primarily, If You're Overweight, Losing Weight is a High Priority on Gout Prevention

Next reducing your alcohol intake or stopping it completely is highly advised, especially if your alcohol intake consists primarily of beer. This is because beer consists of a large amount of purines, which are known to cause gout.

*“ Dehydration is a common cause of gout, thus avoiding salty foods but drinking an abundant amount of water is a good indicator of gout prevention that is known to work well for many people. Drinking coffee and tea should be avoided though, plus any carbonated soft drinks. Water, on the other hand, helps dilute uric acid in both the blood and your urine, thus the more water you drink, the better your chances are regarding gout prevention.*

## Gout Prevention May Also be Achieved Via a Medical Route

Thus your doctor may prescribe specific medications that will prevent the **uric** acid production in your body. These may be Allopurinol, Alopriim or Zyloprim. These work to be able to limit the amount of uric acid made by the body or perhaps by lowering serum urate levels. There are some side effects, generally a rash and feasible reduced blood counts.

## There are Also Medications that Enhance Uric Acid Elimination

One of these is Probenecid. Probenecid mechanisms are utilized to avoid the reabsorption of uric acid by way of the actual kidney. It also increases its excretion through your body in the urine. This medication has side effects that may produce a rash, or you may experience stomach pain and possible kidney stones.

## Serious Thought Should be Given to Rid Your Body of Stress as a Prevention of Gout

It has been found that those that can handle stress using good stress coping strategies are less likely to suffer from gout. After all, everyone should be aware that stress completely changes your blood chemistry, and it also changes the way that your body's immune system works.



GoutGout PreventionUric AcidUricPurinesCherry Juice

Remember too that physical activity reduces stress levels, thus exercise is important to prevent gout. The sharing of stress, for example talking with friends, clergy or professionals is also important. Take time on your own and achieve things that are good for you, as opposed to eating "comfort foods" that may be extremely high in **purines**. Should you believe that perhaps you are suffering from mental problems as well as gout, stress may well be the factor that you need to get rid of to prevent gout from occurring.

- Many people swear by the consequences of **cherry juice** as gout prevention.
- Cherry juice contains a tremendous amount of antioxidants.
- Additionally, it, when consumed through tart cherries, includes an abundant amount of anti-inflammatory qualities.
- Studies are being made in abundance regarding sour cherries and what it can do as a preventive for gout.

## Bottom Line is

You're a gout sufferer and you know the pain. YOU are here because you want options. Keep following the approach you are today, you will continue to get the results that you're getting. They are not good or you wouldn't be here now looking for an alternative. So, if you want to FINALLY see some improvement in your long term outlook, next you MUST go to this site and look at better options.

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