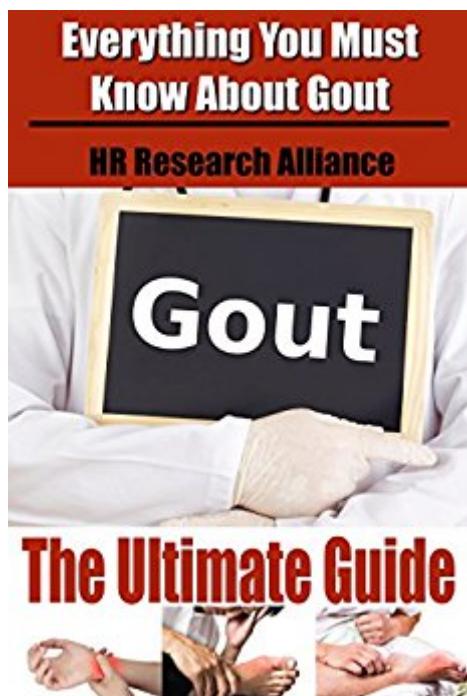


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# **Gout The Ultimate Guide - Everything You Must Know About Gout -**



## Synopsis

This book is printed both in Paperback & eBook formats for your convenience. BONUS DELICIOUS RECIPES INSIDE! The ultimate Gout guide is here. Everything you should know about Gout, before you, & your Dr, defeat it for good. Topics of discussion are as follows... History of Gout, Gout Statistics, Gout Risk Factors, Age Range, Gender, and Ethnicity, What Is Gout? How do I know it's not rheumatoid arthritis? Stages of Gout, First Stage: Asymptomatic Gout, Second Stage: Acute Attack, Stage 3: Interval Gout, Stage 4: Chronic Gout, Causes of Gout, A Breakdown of Cells, Underlying Disease and Medications, Gout Causing Foods, Lifestyle factors, Medical or health triggers of gout, Lifestyle triggers of gout, Symptoms of Gout, Signs of Chronic Gout, Diagnosing Gout, Medical Management of Gout, Anti-inflammatory Medications, Surgical Intervention, Alternative Therapies for Gout, Gout Diet, Lifestyle Changes for Gout, Joint Damage and Disability, Chronic Pain, Kidney Diseases, Heart Disease, Eye Problems, Lung Disease, Long Term Prognosis, Prevention Strategy, Summary of Latest Gout Research, And more... Order your copy today, & educate yourself, and help educate others on the subject of Gout. You do not have to suffer with it forever. Through your qualified Doctor's help, and your own changes in lifestyle, this can be relieved. You owe it to yourself, & your health. Causes of Gout: Gout is caused by elevated uric acid levels in your blood. This may lead you to the question, "where do we get uric acid from?" A Breakdown of Cells: Quite simply put, uric acid is the breakdown of amino acids. Most of these come from animal proteins, but they are present in other foods and beverages. Not all amino acids turn to uric acid, but aminos that break down into purines turn into uric acid. Some beneficial amino acids are used by our body, and whatever is left over from purine amino acids form uric acid which is excreted by the kidneys. While it may seem complicated, if we are healthy this process is quite normal and natural for our bodies to manage. Certain other factors can affect uric acid levels going up like, cancer. If you are on chemotherapy for cancer you can have excess uric acid because the chemo breaks down aminos in your body forming purines that turn into uric acid. Most of the time, there are a lot of contributing factors to why uric acid levels rise and cause gout flares. Underlying Disease and Medications: If you have underlying disease that affects your kidneys, you may not be able to clear uric acid from your body. There is also a genetic defect that affects the way you metabolize and get rid of uric acid, but this cause is actually rare and happens early in childhood. Certain medications may increase your risk of gout. If you take diuretics that help pull fluids from your body, some may cause the uric acid to stay in your body. This is why it is important to let your doctor know if you are at risk if you are being prescribed new medications. One very strong cause of gout is, diet. Since purines can cause uric acid levels to rise, a diet high in purines can lead to gout. Between 10% to 15% of our purines

come from foods that we eat. Let's take a look at some of the foods that can cause gout. Gout Causing FoodsFoods that can lead to or trigger gout are higher in purines than other foods. While you wouldn't want to cut certain things completely, you may need to talk to your doctor about the safe amounts you can consume to prevent your uric acid levels from getting too high. These foods include:Foods High in Fat - Remember talking about "the disease of kings?" This was one reason that aristocracy was prone to gout in ancient days. They could afford the rich tasting and high fat meals. A high fat diet slows down the excretion of uric acid from the kidneys.

## **Book Information**

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It was an easy and informative read.. Like two other books I bought on , there is no discussion of the author or his credentials.

Great Info

Good source of information for all .Well done.

This book is pathetic. Very poorly written. Redundancy and contradictory advice. Save your money. There's better inf on the web.

I have suffered from gout for two years now, & the first year was spent trying to diagnose it! This book is a "must have," if you are a gout sufferer that has had consistently high uric acid levels show up in blood tests. It explains the dangers to your health, heart, kidneys and even your eyesight! I've researched this topic for a year now, and most of the information I've found has been more confusing than helpful, because the main topic of conversation is "foods to avoid." The conclusion: Well what CAN I eat? The answer: Read this book!

Would definantly recommend this for anyone suffering from gout. Great diet tips, warning signs, and how to minimize the effects of an attack.

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