Cure Gout Naturally

Gout is a disease in which uric acid levels accumulate and cause massive damage and swelling to various joints of the body. The uric acid is caused by poor dietary habits and metabolic stress. Specific lifestyle strategies can help reduce the symptoms of gout and restore proper metabolic function to beat gout naturally.

When uric acid accumulates it forms sharp crystals called urates which penetrate and irritate the joints. The most common areas to be effected by urates are the big toe, feet, ankles, wrists, knees, and elbows. Gout is extremely painful and most physicians are unable to treat it effectively without dangerous medications.

For years doctors have been telling us gout is caused by a disruption in purine metabolism. Purines are molecules that are formed by a grouping of nucleic acids that are prevalent in foods such as red meat, organ meats, seafood, and alcohol. Organ meats such as kidney and liver contain the most purines by far.

Gout and Fructose Metabolism

Recent research has linked gout formation with elevated fructose consumption. This second biochemical pathway indicated that fructose triggers the body's production of uric acid from an important energy molecule, adenosine triphosphate.

In New Zealand, the Maori people rarely encountered gout. Now, ten to fifteen percent of their population has gout symptoms in their lifetime. Seafood seems to be the major trigger for these Pacific islanders; however, they have always eaten a lot of seafood. These people eat fifty times more sugar and fructose (much like typical Americans) than they did

100 years ago.

A study published in the Journal of the American Medical Association demonstrated that individuals who drink one fructose-rich beverage a day are 74% more likely of developing gout than those who drink the same beverage once per month. Individuals who drank two or more fructose sweetened beverages are 97 percent more likely to develop the disease.

Fructose is a form of sugar molecule that is most often found in corn, fruit, and many plant based sweeteners such as agave nectar and honey. It is important to reduce fructose consumption by avoiding anything with high fructose corn syrup and minimizing the consumption of fruit juices, agave nectar, and honey. Minimize the use of all fruit other than low fructose fruits such as berries, avocados, lemons, limes and grapefruit.

Anti-Gout Nutrition Plan

The typical diet for individuals with gout should be low in sugar and grains. Instead, focus on anti-oxidant rich vegetables and healthy fat sources. The best fat/protein sources include coconut products, avocados, extra-virgin olive oil, and sprouted nuts and seeds. Healthy protein sources include 100% grass-fed beef in moderation, 100% raw grass-fed cheese, organic poultry, and wild fish.

Individuals with gout do much better when they stick to an 80% raw diet. Any cooked food should be reserved for the evening meal. The daytime meals should be liquid in the form of shakes, cacao avocado mousse, and vegetable juices. Salads, guacamole with veggies or raw, sprouted seed crackers are also great. Before any cooked food is eaten, a digestive enzyme with lipase, protease, and amylase should be used to enhance digestion. Lots of clean water should be consumed during the day and intermittent fasting for periods of 16-24 hours is encouraged to help detoxify the kidneys, liver, and colon.

Individuals with gout should use apple cider vinegar and fresh squeezed lemon on salads, grains, and meat. This helps provide organic acids and more enzymes and anti-oxidants to help pre-digest the meal. Fermented foods such as non-processed sauerkraut, kimchi, pickles, amasai, and coconut kefir are also very helpful.

Sources For This Article Include:

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