

A Simple Gout Diet Handout

Have been asked a lot of times by my patients to prepare a *gout diet* handout that they can refer to. **Gout** is just one over a hundred kind of arthritis that can affect the body. It is a result of having excessive **uric acid** in the blood. After i get ready for each patient's diet handout, I keep in mind that the point is how I would neutralize their **uric acid levels**. The handout I prepare often focuses on these four tips: avoid alcohol, drink plenty of water, and eat fruits.



Avoid Alcohol

Say this again and again in order to my patients: alcohol can do you no good. Alcohol is known to have diuretic effects that can contribute to dehydration and precipitate acute **gout attacks**. Worse, alcohol can also affect **uric acid** metabolism and eventually trigger hyperuricemia. So the gout diet handout I always prepare focuses on the importance of avoiding alcohol.

Drink Lots of Water

Another thing I always include when i prepare a gout diet handout is to drink plenty of water. Drinking water and other fluids can help get rid of uric acid from the entire body. Hence, water is extremely good regarding **gout patients** to help flush uric acid. Water may also help prevent acute gout attacks because it helps prevent dehydration. Furthermore, it can help dilute uric acid in the blood and urine.



GoutUric AcidUricGout AttacksGouty ArthritisUric Acid

Eat Fruits

Fruits are beneficial in a diet because of the vitamins and over-all nutrition that they are able to provide. In gout diets, darkish colored fruits like cherries are very much helpful. Cherries are actually strongly associated with lower levels of uric acid. Other fruits that contain Vitamin c, such as strawberries and citrus oranges, would also help.

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Easy Methods On How To relieve Gout Pain Quickly When you re strike with a gout attack, the one thing with your mind is to obtain the soreness to quit. When a good light breeze could cause extreme soreness, that truly is difficult in order to overlook or maybe get a few aspirin and ignore it. Gout...

Those are the three important things that I always include in any gout diet handout I get ready for my patients, which i hope could be easy enough for others to follow too. Follow the mantra: avoid alcohol, drink plenty of water, and eat fruits.

[Http://bit.ly/GoutDietGuide](http://bit.ly/GoutDietGuide) Study based and Scientifically confirmed Gout Diet Guide recommended by Doctors and Dietitians to Reverse **Gouty Arthritis**.

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