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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**How To Overcome The Symptoms Of Gout**

**By Lisa McDowell**

Gout is one of the oldest and most painful diseases known to man. In the middle ages a gout

patient was described as someone who was rich, corpulent and aristocratic, particularly one with enormous appetite for food, drink and women. And it is almost and always associated with men.

The symptoms of gout are irregular, excruciatingly painful attacks that are felt in the joints although typically each gouty episode affects one joint at a time. The most commonly affected joints are those of the big toe, which becomes red and swollen, hot and painful so that even the weight of a bed sheet seems unbearable. Other joints such as the knees and elbows are also affected, but one at a time.

The attacks usually last for about two weeks and then subside, recurring at some time in the future. The reoccurrence of the attacks varies — sometimes the gout symptoms don't entirely disappear, causing a patient to feel pain all the time.

With current medical technologies and with the use of advanced microscopic examination the real cause of gout was finally identified. And the culprit was none other than uric acid. The excruciating pain in the joints is due to the pointy crystals of uric acid.

Some patients have too much uric acid in their system, and they tend to develop yellowish chalk-like deposits around the joints or in other parts of their body such as the ear lobes. Most patients of gout have blood levels that show elevated uric acid, a manifestation of gout in their system.

The next step is finding ways to decrease and control the formation of excessive uric acid that usually accompanies a gluttonous lifestyle. Uric acid is actually a by-product of purine; a type of protein found in many commonly consumed foods.

It is therefore rational to conclude that gout is caused by excessive protein in the diet especially those proteins that are rich in purines. With this information to guide doctors, they have placed gout patients in a series of low-protein diets that are low in purines. Likewise, drugs that prevent formation of uric acid are given.

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Patients are also advised to choose lean meats, low fat dairy products and limit the intake of fats in their diet. Newer theories on gout suggest that the gout disease is not only the result of a high protein diet (it has been observed patients suffering from different diseases also have high levels of uric acid) it may also be caused by excessive consumption of refined sugar and flour. This might help to explain why most gout patients are obese.

Lastly, gout is truly a disease that results from the inability of the kidney to excrete enough uric acid to keep it from building up inside the body. Nevertheless, a treatment program that includes a decrease in protein intake plus the use of other medication helps to prevent the build up of uric acid and lowering chances of gout attacks.

Lisa McDowell. For more information and to sign up for a Free Newsletter dedicated to treating Gout please visit

<http://www.cure-gout-now.com>

or for more articles click here

<http://www.cure-gout-now.com/symptoms.html>

### **Four Stages Of Gout**

**By Lisa McDowell**

Gout is a very painful form of arthritis. Gout occurs when there is an abundance of uric acid built up in the body. When there is a buildup of Uric acid in the body it can lead to things such as sharp uric acid crystals in the joints throughout the body especially in the big toes, other deposits of uric acid, which are called, tophi, that look very similar to lumps underneath the skin, and the formation of kidney stones which is a result from a buildup of uric acids in the kidneys.

For the majority of people that have the unfortunate occurrence to get gout it most often strikes in the area of the big toe. Many times the gout attack can be severe and very painful as it often awakens one from sleep when the attack occurs. The big toe which is inflicted with gout is extremely sensitive and sore and often times warm and swollen.

Gout can be broken down into four main stages:

1. Asymptomatic Hyperuricemia is the first stage of gout in which you will not feel any symptoms but gout is starting to form. In stage one the uric acid levels are higher and it needs to be taken care of so that the uric acid does not precipitate out of blood and then become crystallized in kidneys or the joints.
2. The second stage of gout is acute gout or acute gouty arthritis. It is at stage two when gout starts to do damage to the body. High levels of uric acid make it so it is impossible for the blood to keep it in a

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form that is dissolved and it begins to crystallize and then be deposited in joint spaces. This is when pain and swelling then occurs. Attacks generally happen in the evening and if not treated can last for weeks at a time. If not treated still the attacks become more severe and last for longer periods of time.

3. The third stage of gout is Intercritical gout as this is the time when an attack of gout has subsided. In stage three there are no symptoms but it is because the body's immune system is stabilizing itself for more attacks on the uric acid crystals which form because of the high concentration of blood. If the person afflicted with gout does not get treatment by stage three the disease can be hard to control.

4. The fourth and final stage of gout is chronic gout which is the worst and most destructive stage of the disease. By stage four the gout has caused permanent damage to the joints and in some cases the kidneys as well. At stage four the afflicted joint can become deteriorated and cause extreme pain which can be crippling. In extreme cases the kidney can lose its functions which can lead to kidney failure and death.

Gout is a disease like many others which builds upon itself if not treated at the beginning stages. By seeing the symptoms early and being checked by a physician you can reduce the chances of gout reaching the latter stages.

Lisa McDowell has an interest in Gout. For further information on Gout please visit

<http://www.cure-gout-now.com/gout.html>

or

<http://www.cure-gout-now.com/blog/2006/09/19/four-stages-of-gout>



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