



Mardian Natural Medicine

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Dietary Recommendations for treatment and Prevention of Gout

The main goal is to maintain the production of the uric acid at normal levels.

DISCUSSION: *Gout, also referred to as metabolic arthritis or acute inflammatory monoarthritis, is caused by an abnormal build-up of uric acid in the blood - uric acid being a metabolic by-product of purine metabolism. Purines are natural substances found in many foods, and particularly in high protein foods like organ meats and fish like mackerel and sardines. Excessive blood levels of uric acid then lead to acute inflammation of the joints. 'Classic Gout' which usually targets the joints of the big toe and other joints within the legs and feet and can affect people of all ages. However, another type of gout - called 'Atypical Gout' - can affect any joint in either the arms or legs and is observed predominantly in the elderly. Both types of gout are characterized by excruciating pain and swelling. In many typical cases of gout, patients are overweight, predisposed to Type II diabetes and hypertension, and are at a higher risk of cardiovascular disease. Gout is disproportionately found in societies whose diets include large amounts of protein, fat and alcohol. Since a fundamental facet of gout is the metabolism of protein, the areas of kidney, bladder and urinary tract health are primary targets for treatment.*

Special Gout Diet

Elimination of alcohol intake:

- alcohol increases uric acid production and reduces uric acid excretion by the kidneys. Sometimes elimination of alcohol is all that is needed to achieve normal uric acid.



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Low purine diet:

- completely avoid broths, mushrooms, mussels, sardines, mackerel, shellfish, meat including organ meat
- avoid fried foods and roasted nuts
- avoid rich foods: cakes and pies
- avoid amino-acid glycine (as supplement) because it can be converted into uric acid
- limit intake of caffeine in foods such as coffee, chocolate, cocoa and black tea
- avoid cauliflower, dry beans, lentils, fish, eggs, oatmeal, poultry, spinach, and yeast products

Weight reduction:

- achieving ideal body weight may be the most important dietary goal in gout treatment, but do not lose weight rapidly as it can increase uric acid levels

Fluid intake:

- drink a lot of water, at least 48 oz. (1.5L) per day

Flavonoids:

- consume ½ lb. of fresh cherries or equivalent per day (cherries, hawthorn berries, blueberries, and other dark red/blue berries) as they are effective in lowering uric acid levels and preventing attack of gout

During acute attacks eat only raw vegetables and fruit (can be in the form of a juice) and drink plenty of water or herbal teas (nettle, burdock).