

Healthy4life.ca Gout - October 2017

Holistic nutrition includes body, mind and spirit. Articles will address each area.

Hello, Friends!

Gout

Gout is a very painful form of arthritis that occurs when uric acid (tophi) builds up in the body. This leads to sharp shaped uric acid crystals being deposited in joints. There is usually tenderness, heat and redness with or without swelling. The most common site is the big toe but it can be anywhere in the body including as kidney stones. After feet, wrists and fingers are common locations for gout. It can come on suddenly.

Treatments

Alkalinizing Diet -preferably supervised by a registered holistic nutritionist

Avoiding Alcohol, Smoking, Dairy, Animal Protein and Sugar

Avoiding Pesticide, Hormone and Herbicide Residue

Adequate Hydration

Relaxation Techniques

Deep Breathing Exercises

Healthy Body Weight and BMI - Body Mass Index

Meditation

Medications

Low Level Laser Therapy

Cold Packs

Alkaline Ash Producing Diet


The acid/alkaline balance refers to what happens to everything you eat and drink. Foods are digested into either acid ash or alkaline ash. This does not refer to taste, for example, a lemon is acid tasting but is digested into alkaline ash. It is not that a food is good or bad but rather how your body reacts to the food.

What you eat is 100% under your control. Nutrition is key to both short term and long term management of gout. See the acid alkaline foods chart downloadable from my web site. The goal is to eat 80% of foods from the alkalinizing side and 20% from the acidifying side.

This does not mean you cannot eat things from the most acid side of the chart. What it does mean is that if you choose to eat a food that is very acidifying then you must balance it with foods that are equally alkalinizing.

Let's look at an example from the chart. If you choose to eat the peanut butter from the most acid column, you need to balance it with foods from the most alkaline side like celery, carrots and asparagus. If you choose to eat the corn from the low acid column, you need to balance it with food from the low to medium alkaline columns like dark lettuce, squash, sweet potato or cauliflower. You can balance an acid forming protein with alkalinizing vegetable, fruits or herbs and so on. [Acid Alkaline Foods Chart](#)

The Effects of Food on the Super-Critical Acid/Alkaline Biochemical Balance



Most Alkaline	Medium Alkaline	Low Alkaline	Foods	Low Acid	Medium Acid	Most Acid
	bell pepper cauliflower parsnip endive ginger root sweet potato cabbage celery carrots asparagus	Brussels sprouts beets tops & roots tomatoes & juice fresh peas dark lettuce all mushrooms fresh potato w skin pumpkin squash tempeh	Vegetable Beans Legumes only use non GMO foods	corn lentils peanuts w skin organic peanut butter soy protien powder beans: kidney, lima, navy, pinto, white, black, soy peas: green, split peas, chick peas, tofu (extra firm) edamame	salted peanut butter	processed soybeans salted & sweetened peanut butter

Gout Resources

Mayo Clinic <http://www.mayoclinic.org/diseases-conditions/gout/basics/definition/con-20019400>

US NIH https://www.niams.nih.gov/health_info/gout/gout_ff.asp

Medline Plus <https://medlineplus.gov/gout.html>

Rheumatology.org <https://www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions/Gout>

WebMD <http://www.webmd.com/arthritis/tc/gout-topic-overview#1>

The Arthritis Society <http://arthritis.ca/Gout>

MedicineNet http://www.medicinenet.com/gout_gouty_arthritis/article.htm

**Be healthy 4 life,
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