



Wisdom for Healthy Living

GO NATURAL'S GOUT Remedy

By Johan Jacobs - January 2018

What is GOUT?

Gout is perceived as the rich man's 'dis-ease'. When ingesting too much animal protein, sugar and refined foods, uric acid is the by product. As you will see in this article, animal protein and meat is not the only culprit. The excess uric acid leads to the formation of small crystals of urate (uric acid crystals). Some of these crystal deposits form in the synovial fluid (lubricating fluid around joints) that then cause damage and inflammation in the joints. This results in the painful condition where the joints are damaged by the uric acid crystals.

A typical DIET that Causes GOUT

A diet high in animal protein, sugar, hydrogenated fats, alcohol, commercial meat and refined carbohydrates cause the body to become acidic.

Let us first remove the ROOT CAUSE and then implement SUGGESTIONS.

Which Foods to ELIMINATE or LIMIT

1. Limit meat consumption between 50-100g per day. Rather focus on quality not quantity, try to ingest only quality, pasture reared animal products.
2. The biggest culprit is processed meats as it contains harmful preservatives, sugar and byproducts.
3. Pork is the worst.
4. Sugar & Fructose
Foods and beverages that contain sugar are acid forming. Avoid these.
Another sugary culprit is high-fructose corn syrup (HFCS), which is hidden in many common foods.
5. Soda and diet soda are acid forming.
6. Avoid boxed fruit juices since these contain way too much sugar.
7. White flour and foods containing refined carbohydrates cause acidity and make gout worse.
8. Avoid pasteurised dairy. The pasteurisation process harms the calcium in milk and renders it inorganic (a dead mineral) that is harmful to the body. This is well explained in my book, in the section called 'Milk, a Good Food Made Toxic'. Fermented, raw, pasture reared full cream dairy is ideal. Drink 1 cup per day maximum.
9. Alcohol increases uric acid and toxicity of the liver.

SUGGESTIONS

In terms of a gout diet, it is key to begin eating plenty of antioxidant rich and alkaline forming foods. Our book GO NATURAL Wisdom for Healthy Living will help you since it contains plenty information, rationale, recipes and ideas to live healthy and gout free.

1. PLANT FOODS

Adapt your diet with a higher intake of plant foods, that are alkaline forming and anti-inflammatory such as vegetables, fruits, nuts and seeds. These are proven to help reduce uric acid.



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2. PURE WATER (Distilled)

Drink at least 2 litres of water evenly spread throughout the day to dilute and flush uric acid out of your system. Preferably drink water purified by distillation as it is the only effective and safe process.

3. VEGETABLE JUICES

At least once a day drink a good vegetable juice with celery. Make sure to ingest a lot of celery since it decreases uric acid build-up in the body. If the gout attack is severe, you can drink a cup of this vegetable juice three times per day, 30 min before a meal.

4. FRESH BERRIES AND CHERRIES

These contain powerful antioxidants and are known to help neutralize uric acid and inflammation.

5. FRUIT

Only eat the whole fresh fruit with the pips. The slogan “an apple a day keeps the doctor away” is especially true when you have gout. Apples contain malic acid, which will help to reduce the uric acid in the body. The malic acid will work to reduce swelling and help with pain. 3 Fruit portions max per day.

6. MEAT

Limit your daily intake between 50-100g max. Some of the best animal foods include bone broth with plenty of vegetables.

7. FISH OIL

Supplement with fish oil since it is packed with omega-3 fatty acids that reduce ‘dis-ease’ causing inflammation.

8. MAGNESIUM

Magnesium is an alkaline forming mineral. Magnesium can also decrease uric acid formation in the body, and studies show magnesium is an effective treatment for gout, particularly acute cases.

NOTE: Drinking too much alcohol or caffeine on a regular basis can affect your magnesium levels as well.

Try incorporating more of these foods into your diet to get a magnesium boost.

- Whole Wheat. Most whole grains are a useful source of magnesium, but whole, freshly stone milled wheat flour wins.
- Eat spinach and dark, leafy greens. These can be juiced as well.



- Ensure to eat at least 70% raw foods.
- Include Quinoa in your diet.
- Cacao beans are one of the best magnesium-rich foods around. The Three in one Anti-Aging snack in our book is a wonderful way to eat cacao beans as it is a scrumptious snack you can eat without feeling guilty.
- Eat almonds or cashew nuts.

9. GO NATURAL'S VIT-C COCKTAIL

Twice daily, 30 minutes before a meal, drink GO NATURAL'S Vit-C Cocktail with 2500 – 5000 mg of Sodium Ascorbate plus freshly squeezed lemon juice. Lemon juice is known to make the body alkaline.

10. TURMERIC

Fortify your food with this powerful spice. Turmeric is the spice that gives curry its yellow colour. Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant.

11. EPSOM SALT

Epsom salt is another useful ingredient for home treatment of gout and other forms of arthritis. The high amount of magnesium present in Epsom salt will also improve the condition of your heart and lower high blood pressure. Soaking the affected body part in warm water mixed with Epsom salt relaxes aching muscles and relieves pain.

- For a leisurely bath, add two cups of Epsom salt to warm bath water.
- Soak your body in it until the water starts losing heat.
- Do this once a week. If you have severe gout, you can try it two or three times a week.

12. BODY WEIGHT

Maintaining your ideal body weight is a large part of the solution. Another risk factor for gout is obesity, or any excessive weight gain. Approximately half of all gout sufferers are overweight. Excess weight worsens gout because irritated nerve endings are further irritated by having to support and deal with extra weight. Obesity can worsen any type of arthritis.

13. EXERCISE

Regular exercise will help you to maintain a healthy weight and improve your overall health.