

# A Nutritional Approach to Gout

There is much one can do nutritionally to prevent gout. First, one should limit intake of foods rich in **purines**, which are the information molecules in genes and are used in the process of converting genes to proteins. They act as messengers in cellular signaling processes, such as nerve conduction and muscle contraction. After metabolism, these **purines** break down into uric acid, which is elevated in gout.

**Purine** content is greater in red meats, so one should try to limit intake of organ meats and steaks, chops, and corned beef. Poultry has a significantly lower intake and is a better source of protein for gout patients for this reason. Shellfish, tofu, beans, peas, and alcohol, especially beer and wine are also high in purines. **Eating proteins compatible with your blood type may minimize the effects of purine deposits in the joints.** Learn more about the [Blood Type Diet](#).

Meats and dairy products also contain a fatty acid known as arachidonic acid, which further contributes to the inflammatory process. It is converted into prostaglandins and leukotrienes, inflammatory proteins which are high in different types of arthritis conditions. **Anti-inflammatory medications aim to decrease these markers, thereby mitigating (reducing) symptoms.** Based on this theory, a diet low in saturated fats, and therefore low in arachidonic acid, may be beneficial. **Fish oils** may work to decrease these inflammatory markers and thus can be very beneficial in gout. Organic, grass fed animals are higher in [Omega 3](#). [Omega 3](#) is a natural anti-inflammatory. **Grain fed animals are higher in Omega 6 which can contribute to inflammation.**

**Cherries can lower plasma uric acid levels.** They contain flavonoid compounds that may lower uric acid and reduce inflammation. Flavonoids called anthocyanins, often found in purple and blue colored berries, help to shut down the enzymes that cause tissue inflammation in the first place. Anthocyanins can therefore prevent and treat many kinds of pain. A study done at the University of California at Davis by Jacob et. al entitled "Consumption of Cherries Lowers Plasma Urate in Healthy Women" proved just that and also showed that there was a decrease in plasma urate after cherry consumption. **Bilberry**, [Hawthorn](#), and **blueberries** are also high in anthocyanosides. [Zambroza](#) is also a great source of these flavonoid compounds.

**Quercetin**, another flavonoid, can be added as a supplement to decrease uric acid levels. **Quercetin** can be taken with **bromelain** to improve its absorption. Bromelain is an enzyme naturally found in pineapple and papaya. It is added to many [Digestive Enzyme](#) supplements. **Bromelain**, by itself, can act as an anti-inflammatory as well as contribute to the improved absorption of quercetin. **Quercetin** can be found in citrus foods, onions, apples, parsley, tea, and red wine, buckwheat, olive oil, grapes, dark cherries, and dark berries (such as blueberries, blackberries, [Juniper Berries](#) and bilberries). **Quercetin** and **bromelain** are both found in the herbal combinations: [Histablock](#) & [Super Trio](#).

[Pantothenic Acid](#), a type of B vitamin (B5), is needed to help with the excretion process of uric acid. **Stress often depletes the body of this vitamin which may explain why gout flares during times of stress.** Therefore, incorporating [Pantothenic Acid](#) into the treatment plan may be crucial.

**It is important to stay well-hydrated in order to prevent attacks of gout.** This will prevent the uric acid from becoming too concentrated and inhibit uric acid crystallization.

**Uric acid crystallizes and forms stones in an acidic environment. One way to prevent this is by alkalinizing the urine** or making it more basic. Urine alkalisation can be achieved with intake of **potassium citrate** sources, such as [Potas](#). **Lemon juice** and [Liquid Chlorophyll](#) alkalize the body, which neutralizes acids like uric acid. Therefore, drinking freshly squeezed lemon in a glass of water after meals can prevent a gouty attack. **Baking soda** can also help alkalinize the urine. [Black cohosh](#) also has been shown to moderate blood acidity, thereby making the urine more basic.

[Cayenne pepper](#) (Capsicum) can be boiled in vinegar and water and applied onto the painful joint. It can also be mixed with **wintergreen oil** to make a paste and subsequently applied to the affected area. Alternatively, **capsaicin cream** is available at the drugstore. Capsaicin is the “active component” in chilli peppers and cayenne pepper. It works by depleting or interfering with [substance P](#), a chemical involved in transmitting pain impulses to the brain. Cayenne pepper is also part of the herbal remedies: [Art-A-with-Devil’s Claw](#) and [Capsicum, Garlic & Parsley](#). To view other herbal remedies that contain [Capsicum](#), click [here](#) to search by “ingredient”.

Reference website: <http://www.drhoffman.com/page.cfm/547>