



Gout- Prevention and Treatment

If one offers from gout lifestyle changes should be considered. Gout often affects men who are overweight, but women can develop symptoms as well. Those with high cholesterol are more likely to develop gout.

Diabetes and gout can go hand in hand, therefore it is important to manage blood sugar levels. Simple carbs – such as breads, bakery and bagels trigger insulin production the same as a “tablespoon” of sugar. Removing grains from the diet, as well as dairy and other inflammatory foods – can go a long way in reducing a gout attack, and can also be a benefit by offering a means of prevention.

Foods and herbs that help prevent gout:

- Tart cherries and organic tart cherry juice from concentrate can help address uric acid levels
- Stinging nettles for liver support, often available as tea or tincture
- Celery seed
- Turmeric spice, or capsules
- Eat an anti inflammatory diet
 - Vegetables high in fiber, such as cruciferous: broccoli, Brussels sprouts, cauliflower, asparagus
 - Fruits such as berries, and citrus (avoid fruits high in fructose)
 - Grains such as brown rice, Basmati, quinoa, barley
 - Potatoes (avoid the latter if you have night shade sensitivity)
 - Avocados and potatoes are naturally high in potassium, low in fructose. It is an both a nutrient and electrolyte that is alkaline, and helps lower acidic levels in the body.
 - Potassium is also important for energy levels, regulates heartbeat, and can support digestive health.
 - If one prefers supplementation, Klair Labs makes a quality potassium bicarbonate.
- Pulses - Beans, peas, lentils
- Coffee, organic only – limit to 24 oz and we recommend no coffee after 10 am
- Water, DISTILLED – distilled water will help draw crystallized accumulations from the body

Avoid foods high in purine:

- Tuna, haddock, sardines, anchovies
- Venison
- Liver and other organ meats
- Beer and distilled spirits

- Alcohol causes the kidneys to excrete alcohol instead of excreting **uric acid**. That increases the amount of **uric acid** in the blood, which could provoke a gout attack.
- Sugary foods, including simple carbohydrates
 - Carbonated soda
- High fat foods

Our members have had success with an energetic remedy that Rita Shimniok has developed, combined with the use of celery seed and [Swanson Uric Acid Cleanse](#). Tart cherry juice, organic concentrate, is always kept on hand in case of a flare up. Four tablespoons, diluted in distilled water, is taken throughout the day. This combo has provided fast results.

Keep in mind that certain medications may elevate uric acid levels. These [include](#):

- [diuretic](#) drugs, such as furosemide (Lasix) and hydrochlorothiazide
- drugs that suppress the [immune system](#), especially before or after an organ transplant
- low dose [aspirin](#)

Disclaimer: Rita Shimniok, CMSA, is not a medical doctor and makes no claim to diagnose, treat or cure disease. This information is provided to members of the High Vibration Life Ministerial Association to further the mission of promoting a healthy body, mind and soul it association members. To learn more about services offered, please visit: <https://www.purelylivingwellness.com/index.html>
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