

## GOUT

Gouty Arthritis is a genetic disorder of uric acid metabolism leading to high levels of serum uric acid. High serum uric acid levels cause crystals to precipitate out of solution into a joint. This sets off an immune response that causes pain and inflammation.

### General Instructions

Drink at least 64 ounces of water per day.

Cherry juice might prove helpful.

Avoid alcohol and diuretics.

Avoid high doses of niacin and aspirin.

### Foods to avoid:

High purine foods

Anchovies

Bouillon

Caviar

Goose

Gravy

Organ meats- heart, liver, kidney

Sweetbreads

Yeast (baker's and brewer's)

### Food's to limit, especially during flareups:

Asparagus

Beans

Fish

Fried and fatty foods

Lentils

Meat

Poultry

The allopathic drug of choice is allopurinol. This medication is very effective but does have side effects so use a natural approach first to see if it can be avoided.

If joint is inflamed, use ice for 10 minutes. Otherwise use moist heat.



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