

Fact Sheet : GOUT

This fact sheet offers generic advice on gout but everyone is different. It is therefore beneficial to have a personal health and nutrition assessment to get specific advice that takes account of all your health issues.

Gout is a form of arthritis that occurs when sharp crystals of uric acid collect between the joints causing painful inflammation. Uric acid is a chemical that the kidneys filter out of the blood through the urine. Uric acid exists naturally in the body but is increased by high protein foods and foods containing a lot of a particular chemical called *purine*. The kidneys normally break down purines into uric acid and then eliminate it from the body. Foods high in purines are therefore best avoided.

People with gout typically get it because either their body produces too much uric acid or because their kidneys are not eliminating it effectively.

| Foods to Eat | Foods to Avoid |
|--|---|
| Berries | Alcohol |
| Bananas | Dairy |
| Celery | Anchovies |
| Cabbage | Mackerel |
| Parsley | Sardines |
| Kale | Peanuts |
| Rice | Most meats- even white |
| Millet | Cauliflower |
| Corn/ cornbread | Eggs (can eat in moderation) |
| Tofu/soy | Spinach (can eat in moderation) |
| Fish such as gurnard, snapper, cod etc | Marmite/vegemite |
| Cucumbers | Tomatoes: although they are low in purines, their high acidity aggravates gout. |

Drinking herbal teas to support the kidneys is also helpful – there are many kidney cleansing teas on the market. Artemis do a nice one!

Other helpful drinks are

- Apple Cider Vinegar – 2 tsps in a glass of water
- Dandelion or nettle tea
- Cherryvite
- Cucumber tea (use the peel of 1/3 cucumber, add hot water, allow to infuse for 5 mins then drink)

Supplements that can help are:

- Vitamin B5 (*vitamin B3 should be avoided*)
- Vitamin E
- Celery
- Turmeric (or curcumin)
- Boswelia