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## Can An Alkaline Lifestyle Help Gout?

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### Can An Alkaline Lifestyle Help Gout?



What is it, Why do people get it and can following an alkaline diet help people who have gout?

Gout is a type of inflammatory arthritis caused by raised levels of uric acid in the blood. Uric acid is a waste product normally present in the blood as a result of the

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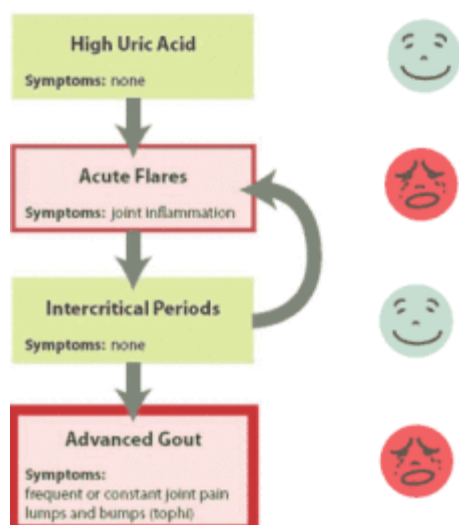
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## Gout Stages Pain Level



breakdown of purines which are part of all human tissues and are found in many foods that we eat. The Uric acid forms in crystals in the joints tendons and surrounding tissue.

The problems start with no symptoms... just elevated Uric acid...

Then a joint becomes inflamed and painful and the pain can get quite bad very quickly for a couple weeks at a time, but may not reoccur for weeks, months or even years. If left unchecked then attacks can become more frequent and spread to more joints.

Although this is typically associated with the over consumption of red meat, sugar and alcohol there are many other factors:

### Inflammation as a cause of gout attacks

While high purine intake is associated with gout attacks in those who already have hyperuricemia, or high levels of uric acid in the blood, purine intake alone is not enough to trigger these attacks. (3) In fact, uric acid levels are frequently decreased during gout attacks, sometimes to within the normal range. Another factor associated with gout flares is an increase in C-reactive protein (CRP) and interleukin-6 (IL-6), cytokines produced during numerous inflammatory conditions. (4) These inflammatory cytokines are increased in the joint fluid and serum of patients with acute gouty arthritis. (5, 6)

Therefore, systemic inflammation is likely a key factor affecting the likelihood of developing gout flares, and as we know, diet plays a significant role in inflammation. Both a diet that is high in Organic vegetables and Molecular Hydrogen have been shown to reduce inflammation (7)

### Fructose: An important player in the development of gout



While fructose in naturally occurring amounts is relatively benign, research has shown that higher intakes of fructose may mediate many of the abnormalities seen in the metabolic syndrome, including elevated triglycerides, due to increases in uric acid production. (8) A recent study confirmed the uric acid-elevating potential of fructose ingestion, both by producing excess uric acid and reducing its excretion in the urine. (9)

While some uric acid in the blood is normal, providing a level of antioxidant protection, excess uric acid is a pro-oxidant and the major causative factor for gout. Some researchers even suggest that this excess uric acid in the blood is a major factor in the development of insulin resistance and metabolic diseases. (10) So if you're avoiding excess fructose consumption from high fructose corn syrup and excess sucrose (table sugar), you'll be at a lower risk for gout than someone who's washing their burger down with a can of coke.

### Can SevenPoint2 Help?

Given the preponderance of studies showing Molecular Hydrogen to be an effective anti-inflammatory (just google it in Pub-Med) And the widespread knowledge that a diet high in organic alkaline vegetables and minerals is anti-inflammatory it makes sense that a program including all of this could be very beneficial in the prevention and relief of gout.

### Here is a recent report from a product user:

*"May i say thank you for introducing me to Recovery 7.2 I have suffered with the pain of gout for about 35 years and have taken my problem to doctors in Perth, Adelaide, Brisbane, Darwin and towns such as Karratha, Geraldton and others just to get some relief from the debilitating pain.*

*The pain has been so bad i have not been able to bear the touch of a sheet on my foot at night and consequently have lost a lot of sleep.*

*The pain has attacked my elbows, knees, feet and wrists, very painful and the only medicine that would get rid of the pain was Voltarin, a medicine i have been told could have serious side effects if taken for to long a period of time.*

*I wandered into your store three weeks ago looking for some Black cherry juice and you picked my problem in one, i was hesitant about your advice but now very grateful you convinced me to try this natural medicine.*

*May i point out that i took nine tablets that afternoon and got out of bed pain free the next morning, i have been taking the tablets as instructed for about two and a half weeks now and it is such a good feeling to be able to get about without any pain. thirty five years of pain fixed in one day.*

*I can confidently recommend Seven Point 2. Pain free is great, thank you.*

*Yours Faithfully, C.G. White.” care of My Health Shop Malaga*

We have recently featured another article on gout with another great result from a SevenPoint2 product user.

[Click Here](#) to hear how he used the entire product range.

[Click Here](#) to find to find out more about SevenPoint Simple System for helping people move towards a healthier alkaline lifestyle.

*Special Thanks to all the information Chris Kresser’s Article – will a paleo diet cause gout.*

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By | November 10th, 2014 | Alkaline Lifestyle, Alkaline Products, pH Blog, Testimonial | 1 Comment

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About the Author:



One Comment



**lifeonthenet7** September 11, 2015 at 10:05 am - Reply

I have seen patients in agony especially in early mornings. I wish they knew there was a remedy such as Recovery HydroFX

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