Finally! Answers to YOUR Top 15 Burning Questions About
How To Be DONE With Gout!

Let me quickly tell you my story:

I used to get gout worse than anyone I’ve ever met – I’ve had 100s of gout attacks . . . feet, hands, ankles, wrists, toes, fingers, knees . . . you name it.

Then came the surgeries for Tophi . . . 4 fingers on my right hand, 2 on my left, and 1 toe on my right foot . . . (you know what tophi is right?)

I KNOW gout pain . . . and I know YOUR pain . . . and I KNOW HOW to make your pain disappear and not come back.

Let’s get busy!
1) How Fast Do Gout Drugs Work?

There are basically two classes of gout drugs - those for maintenance to control future gout attacks, and those prescribed for pain and inflammation after a gout attack begins.

Gout drugs can lose their effectiveness to perform as one’s general health declines. Gout is the result of poor lifestyles choices in the first place; gout drugs, like all pharmaceutical drugs are only used to treat the symptoms of gout, not the root cause.

- Drugs for prevention will take some time to take effect. Depending on your body health and condition, pain and inflammation drugs can work very quickly . . . or not at all.

The following is a short list of the most common pharmaceuticals drugs that are prescribed for gout.

- **Allopurinol**

  Allopurinol is not used for treating a gout attack . . . it’s used to prevent future gout attacks. The proper usage is to take it consistently every day as a preventative measure. It takes several weeks of consistent dosage for Allopurinol to saturate the body systems and begin to effectively inhibit the production of uric acid.

- **Colchicine**

  Colchicine can be used both as a preventative measure if taken on a daily basis, as well as to treat a gout attack if taken in larger doses to relieve the pain and swelling. Depending on the dosage, Colchicine can work rather quickly – in a matter of hours.
• **Indomethacin**

Indomethacin is an NSAID – “non-steroidal anti-inflammatory drug” and it is used specifically to treat pain and inflammation. Indomethacin is a powerful drug and is typically administered in three 50mg doses per day and can produce relief with an hour.

• **Febuxostat**

Febuxostat is the generic term for the newer brand name drug “Uloric” and it work like Allopurinol. Febuxostat also takes several weeks to saturate the systems of the body and produce significant reduction in uric acid levels.

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2) **What Is The Best Natural Treatment For Gout?**

There are a number of *quick fix remedies* out there that work with varying degrees of success for a broad range of people and body conditions. Each person’s body chemistry is unique, and it’s the combination of various natural methods that *can* produce lasting results. It may take a bit of experimenting to find the right combination that works for you.

Gout is the RESULT of the body condition called "*acidosis*” which occurs when the inner body terrain has become too acidic, and the remedy is to *restore pH balance* by alkalizing your body tissues.

Alkalizing your body tissues can be achieved by a combination of healthy lifestyle practices. Here’s a list to get you started:
✓ Positive mental outlook
✓ Commitment to improving lifestyle habits
✓ Good breathing habits and clean air
✓ Consistent, proper hydration
✓ Clean food –
  o “live” fruits & vegetables
  o clean meats & sources of protein
  o complex carbohydrates (brown rice, whole grains)
✓ Stress awareness and management
✓ Awareness and avoidance of toxic environmental chemicals
✓ Consistent exercise and movement
✓ Consistent, restful sleep

This list is an overview of the essential mental & physical areas to focus on and cultivate. There are many different aspects to each and every one of them.

3) Can I Get Gout In My . . . (Name Your Favorite Joint)?

Gout is famous for affecting the big toe joint or the metatarsal phalangeal joint. However, most reports include all the toes, the small bones of the feet, as well as the ankles.

The next most common joint to be affected by gout is the wrists, hands and fingers. Beyond that, it can attack in the knees and elbows. A few people report gout in the hips, some in the neck, and some in the shoulders.
For most, the pain comes on slowly and it leaves the sufferer wondering what they could have done to themselves – as is typically the case in some sort of trauma. To the first time goutee, it takes some diagnosis to pinpoint. However, after that first occurrence has been identified, all following gout attacks can hardly be mistaken.

4) How Does Diet and Food Effect Gout?

There is a lot of controversy and debate about this – the answer is YES.

There is always concern about foods high in purines.

Naturally, limiting the amount of foods that are high in purines is a wise thing to do in relationship to gout. Typically, high purine foods are also high protein foods: meats and beans in particular.

There are many good resources for identifying high purine foods, however, the real gout threat does NOT come from a diet of high purine foods as much as it comes from the Standard American Diet, (SAD) of highly processed foods and fast foods, as well as carbonated soft drinks with massive amounts of high fructose corn syrup (HFCS).

The general consensus is that there are two things to do that can easily be done to turn around the damage that is being done by overly processed foods:

 ✓ Avoiding consuming anything that comes in a box, bag, can, or bottle.
✓ Make a list, buy high quality fresh foods at a good grocery store, prepare and cook them yourself and eat at home as much as possible. (this includes making lunches to go from food at home)

Gout is the result of the toxic, over-acidic condition of the inner bodily terrain. That type of inner body terrain is in part produced by low quality foods: processed foods, fast foods, artificially-sweetened soft drinks - more so than high purine sources of foods.

5) Is My Uric Acid Too High?!

Generally speaking, normal uric acid levels from the results of a blood test should fall between 3.0 - 7.0 mg/dL (milligram per deciliter). The normal value of uric acid in urine ranges from 250 - 750 milligrams (mg) that is collected from a urine sample for one 24 hour period.

Testing the blood for uric acid is more common that testing the urine and is accepted as being the better indicator.

If the uric acid in the blood is in excess of 7.0 mg/dL it is considered high and keeping it below 6.0 mg/dL is best for anyone with gout. At different times, some people can have what is considered high levels of uric acid in their blood and have no incidence of gout, and others can have uric acid in what is considered normal ranges and experience gout attacks. (sound familiar?)
The theory is that different substances or combinations of substances can **artificially produce** satisfactory uric acid results but they may not always result in the robust health that negates uric acid from crystallizing.

6) **What If I Have Gout and . . . (Diabetes, High Blood Pressure, Heart Disease, Kidney Disease, etc)?**

It’s not uncommon for those enduring the ravages of gout to be battling other lifestyle related diseases – it’s completely normal.

(click here if you’re looking for fast gout relief!)

Insulin resistance, hardened arteries, clogged arteries, poor kidney and liver function, low immunity . . . almost anything you can think of, there are reports of other people who are dealing with it.

**The real question is why?** There can be a whole host of specific deficiencies that can be cited but the over-arching condition is an overly acidic inner body environment or **Acidosis**.

The same poor lifestyle decisions and choices that bring on gout, are also responsible for basically everything else that is out of order in the human body.

As stated earlier in this guide, making the commitment to **improve your health** by making new lifestyle choices is the direction that needs to be implemented.
7) Does (Iron, Smoking, Aspartame, etc.) Cause Gout?

There are a number of different toxic, potentially toxic, potentially harmful “substances” that make their way into the gout conversation from time to time.

Too much iron, too much high fructose, cigarette smoke, controversial genetically modified organisms – there’s a wide array of legitimate concerns about how different substances – both naturally occurring and/or man-made – that enter as causes of gout.

For the most part, they all should be taken seriously. There are enough unusual and extenuating circumstances that add to decreases in health that come either directly or indirectly from our environment.

The only question is whether we can make choices to avoid them or limit our exposure to them . . . or not.

As we age, the ability of our bodies to counteract or effectively manage or eliminate toxicity that enters and accumulates in our inner terrain becomes compromised. While there are many very specific instances that produce unique negative results, the overall effect is the body’s struggle to maintain proper pH chemistry of the blood, organs, and tissues.

The kidneys serve many different functions in the body and one the main ones are to balance the pH of the body chemistry.

When the kidneys are working so hard to maintain that pH balance, in spite of massive amounts of foreign, toxic chemicals/substances, their capacity to deal with gout-causing uric acid is dramatically reduced.
8) What Can I Do About This Gout Pain?!

Gout pain is most often ushered off to the world of anti-inflammatory drugs – some prescription, some not.

For chronic gout sufferers, that’s usually Indomethacin (see above), however there are also other “non-steroidal anti-inflammatory drugs” (NSAID) that can be purchased over-the-counter in most countries. Ibuprofen is the most common, with Naproxen a close second.

Something that is not well-known and/or advertised is that in the case of a gout attack, uric acid crystals can be forming more rapidly and abundantly than regular, safe dosages of anti-inflammatory drugs can keep pace with and produce significant results in a short period of time.

Case study from my personal experience: DO NOT DO THIS! There were gout attacks that I had in my earlier, more out of control days with gout that I took increased doses of my colchicine to no avail. Within hours I added indomethacin . . . with no significant results. I then added 600mgs of ibuprofen on top of all that . . . within hours – still no relief. Then I started over: colchicine, indomethacin, ibuprofen – this went on for days before the gout attacks subsided. All the while I was on a 300mg daily prescription of Allopurinol.

➢ It is imperative to make note that when the body is moving up and out of an acidic condition, toward a more alkaline level, anti-inflammatory drugs can work faster and more effectively.
In addition to western medicine-type pain remedies, there are various natural measures that can work well for some people, in some conditions. Using different mineral-rich food sources to alkalize quickly, applying compresses of herbs like peppermint and others, soaking in Epsom Salts, and alternating with short periods of ice packs can also bring about relief from gout pain in a reasonably short period of time.

- Another important point to be aware of is that the sooner all remedies are applied – natural or otherwise – the more effective the pain relief attempts will be. The minute that you think it might be gout, is the time start to take measures to counteract it.

If it’s ignored and allowed to set in deep, the more difficult, painful, and time consuming the process of creating significant relief will be. (i.e. you’re toast)

9) Is My Alcohol Consumption Causing My Gout?

As dramatized by a “hang over”, the toxic residue of alcohol produces physical and mental discomfort. That same toxicity lying in the tissues throughout the body adds to the acidic load on the liver and kidneys just as severely as toxic environmental chemicals do. When the kidneys are over-worked, their ability to balance the pH of the body chemistry is compromised. When this happens, there is high likelihood that your kidneys will not be able to adequately process the uric acid from your bloodstream.

Beer is the worst of all alcoholic beverages for gout for two reasons: high purines and maltose.
The yeast used in making beer can be very high in purine content and the sugar, *maltose*, that is produce in the beer making process, creates a combination that is perfect for creating the condition of gout. (sorry dude)

**Hard alcohol**, (whiskey, vodka, rum, tequila, etc) are less likely to create gout potential, but due to the alcoholic strength of these substances, they can create a very toxic, acidic inner environment that increases the ability for gout to occur.

**Red and white wines** are somewhat controversial. By some reports, white wine is usually higher in sugar content and sulfites (added or naturally occurring). This can create favorable conditions for gout to occur. Red wine is considered to be a healthier choice due to the content of the antioxidant, *resveratrol*.

10) **Is This Tophi?!**

“Tophi” is plural, “Tophus” is singular. Tophi is deposits of **monosodium urate crystals**, (uric acid) that form lumps or nodules that are a whitish or yellowish color, with a chalky, cottage cheese-looking texture.

They form in many places on the body, but usually on the **fingers and toes**. Another relatively common place for them to appear is on the knees and elbows, and sometimes even on the ears. Tophi are evidence of high uric acid levels in the blood that have gone unattended and untreated for far too long.
While in most cases, tophi are incredibly unsightly, they are not particularly painful. They can grow to be **annoying and debilitating** and also constrict the mobility of a given joint.

The true danger comes from the fact that uric acid levels are too high, for too long, and will usually result in frequent, painful gout attacks.

But what can be an even greater danger, is that they can also be a signal for potential **kidney damage** and joint damage if left unchecked.

### 11) How Is Gout Affected by the Health of My Organs? (Kidneys, Liver, Heart, Lungs, etc)

There is a fair amount of information about how impaired **kidney function** can either directly or indirectly add to the incidence of gout.

To a lesser extent, there’s information about how the liver, heart, lungs, colon, pancreas, intestinal tract, and other organs seem to have a connection in the occurrence of gout.

There are certainly very detailed and complex explanations available for the importance of any and all of the **vital organs** of the body - the duties they perform and how illness and disease can be magnified and exacerbated by poor function or failure of any one of them.

In relationship to gout, the most succinct reference to made would be to point out that when any of the vital organs are not functioning adequately, there is **metabolic imbalance**.
More often than not, this can result in an over-acidic inner body condition. Then it all falls back on the kidneys to balance pH and remove acidic wastes.

12) How Do High or Low Purine Foods Effect Gout?

Earlier in this guide (#4 – Does Diet and Food Effect Gout?), the relationship of foods high in purines and the occurrence of gout was addressed. In regards to the human diet, some food sources are more abundant in purine content than others. Typically, sources of protein are higher in purines than fats or carbohydrates. The most common sources of protein are animal products and beans or legumes.

However, proteins are essential for the body to build, maintain and replace tissue (including muscle, hair, skin, organs and glands), as well as to produce hemoglobin, maintain proper immune function, and produce essential hormones and enzymes.

While excessive amounts of high protein/high purine foods can be legitimately blamed for high levels of uric acid in the blood, they should not be judged so quickly as the main culprit of gout.

What is probably the most severe and malicious culprit to the cause of gout today is high fructose corn syrup. Studies have shown that HFCS in combination with high purine foods, (burger, fries, and a coke) increase levels of uric acid by 85%.
Eating **home-cooked meals** that are relatively half fresh vegetables, one quarter good quality protein, and one quarter whole grains, is infinitely less likely to produce gout than anything else you could be eating.

**13) How Do I Find Out More About Gout?**

Learning about gout *from the perspective of gout drugs* is what you will learn from a medical doctor. That’s not always a bad thing if your gout has become out of control and chronic – extreme measures are required for extreme situations.

Fortunately, there are a number of **natural and holistic** methods and measures that if applied properly and consistently, can produce excellent, long-term results. **Seeking the counsel of a nutritionist**, a naturopathic doctor, or other alternative holistic health and wellness practitioners is recommended instead of an MD. This is due to the fact that MD’s are not trained in diet and nutrition and do not view the workings of the human body as an integrated whole. (zing!)

There are a number of great books on diet, particularly acid/alkaline diets that are available, as well as many books and programs produced by famous dietary and nutrition experts about the benefits and methods of **alkalizing** in general.

Information about **lifestyle** ideas, concepts, and adjustments are found easily on the internet.
Information about better sleeping habits, staying hydrated, avoiding toxic household chemicals, fast and easy exercise programs, deep breathing techniques, as well as information about diet and nutrition are all available and should be explored.

14) What Else Do I Need To Know About Gout?

A common, underlying thread in much of the good information available about gout, is that it’s not something that has a one-size-fits-all cure.

It’s a lifestyle disease that requires attention and consistent maintenance to manage and control successfully.

While many people find satisfaction and relief with the pharmaceutical path, many in the long-run do not. It has become standard even among the western medicine community, that to successfully cohabitate with gout, it requires lifestyle adjustments and modifications.

Large numbers of people agree that pain in general, gout pain included, is the body’s way of communicating that an impending imbalance is growing and it’s an alarm or signal to reassess what is being asked of the body and how it’s being taken care of and maintained.

There are increasing numbers of metabolic syndrome documented every day and gout is frequently included in that laundry list. It could be said that gout is a painful omen of diabetes, heart disease, and cancer. (yikes!)
15) I’m An Athlete . . . Why Am I Getting Gout?

A small and rather odd sampling of the population that is sometimes annoyed by gout is athletes. When the conversation of gout comes up among athletes there are a number of different technical, medical-based explanations about why it would be happening to seemingly very healthy individuals.

While in part, there’s validity to these theories, there is a simpler viewpoint that helps to add focus and direction to what can be done to counteract the gouty problems of people with strong exercise habits.

In athletic expenditure, a phrase is often heard: “feel the burn”. That burn is produced by lactic acid being produced in the muscle tissues and it’s also the cause those same muscles being sore in the days after.

Lactic or uric, they are both acidic metabolic chemicals. The kidneys are charged with balancing the pH of the body chemistry as was mentioned several times throughout this guide. When an excess of lactic acid is produced, sometimes the kidneys’ capacity to deal with the accumulated uric acid is compromised.

Uric acid and lactic acid are not that dissimilar in the physical discomfort that they can produce in the body – they are both acidic substances lying in the tissues of the body. The difference is that uric acid crystallizes into glass-like shards that embed themselves into the connective tissues of the joints and cause heat, redness, and the swelling or inflammation that produces the intense pain.
Finishing Up:

If you’re experiencing a gout attack . . . either right now, or you need to know what to do next time, click here to learn more about how to neutralize the pain of gout in 2 to 4 hours.

From my professional Gout Killer point of view, gout is optional. Why millions of people around the world choose to continue to live with it, I cannot understand.

Gout is not the great mystery that the pharmaceutical industry would like us to believe it is . . . take a moment and think about what their motivation is – their business depends selling as many pills as they possibly can.

They would rather keep you, me, and everyone on the planet confused about the fact that health is achieved by maintaining a sensible lifestyle, a nutritious diet, and robust exercise.

Thank you for taking the time to read what I’ve written, and for being proactive about your health . . . LET’S KILL SOME GOUT!

Bert Middleton, The Gout Killer!

My Mission In Life Is To Rid The World of Gout – How Can I Help You?!

https://thegoutkiller.com/contact-bert/