



Gout Fighters – Reducing Inflammation with Foods

- ❖ Foods high in sugar, highly refined carbohydrates, as well as foods made with synthetic, denatured, trans fatty acids, cause on-going systemic inflammation.

Fatty Fish

Oily fish, like salmon, mackerel, tuna and sardines, are high in omega-3 fatty acids. By eating these kinds of fishes several times a week, you can help to create healthy fatty acid balance. However, be careful: Many of these types of fish are on the high purine list.

Also, fish-oil supplements are fundamental and are the easiest way to round out fatty acid balance with the fats that our bodies cannot convert or make themselves.

Whole Grains

Consuming whole grains is tricky. Most of them are refined but have misleading marketing to make you think they are healthy and good for you. Avoid grains as much as possible. Bread, cereal, rice, pasta, etc. Whole grains do have more fiber and can reduce levels of C-reactive protein, which is a marker of inflammation in the blood.

The only type of bread I recommend is “sprouted grain” bread, like the brand, Ezekiel, found in the freezer section. This is properly prepared, soaked and sprouted, whole grain bread.

Dark Leafy Greens

Dark leafy greens like spinach, kale, broccoli, and collard greens are a great source of Vitamin E which helps protect the body from pro-inflammatory molecules called cytokines. Dark greens and cruciferous vegetables also tend to have higher concentrations of vitamins and minerals—like calcium, iron, and disease-fighting phytochemicals.

One good idea for what to do with leafy greens is to first wash and dry a big bunch of them, and cut them into large pieces. Then heat a large, deep pot with low to medium heat. Then add a generous amount of butter, or coconut oil, or bacon grease. Then mince a couple clove of fresh garlic and cut a fair size white onion into chunks and put it all in the pot. Stir occasionally until onions are translucent. Then turn the heat up to medium high and put the whole big bunch of leafy greens pieces in. They will wilt and cook quickly, and should be done in 2 to 3 minutes. Salt and pepper to taste.



Nuts

Nuts in general are a great source of inflammation-fighting healthy fats. Almonds in particular are rich in fiber, calcium, and vitamin E.

Walnuts are also a good choice and have high amounts of alpha-linolenic acid, a type of omega-3 fat.

All nuts are packed with antioxidants, which can help repair the damage caused by inflammation but you have to be cautious in understanding how nuts need to be prepared for consumption.

Nuts are coated with phytic acid. Our ancestors knew this and they took precautions to soak and rinse nuts and grains before dehydrating them. Phytic acid binds with minerals in the digestive tract and allows them to be carried out with the waste materials. This can cause mineral deficiencies and that is part of what allows gout to attack.

Celery

Celery is magic for gout. Luteolin and apigenin are flavonoids known for their anti-inflammatory properties. However, the compound, 3nB, "3-n-Butylphthalide", is somewhat of a natural xanthine oxidase inhibitor. That means it works similarly to Allopurinol to curb the production of uric acid.

Keeping a Tupperware of cleaned and washed celery sticks on hand to dice into chunks and added to a salad, or dipped into fresh ground almond butter, or thrown into your pack for snacks when out and about, are a few ways to take advantage of the gout killing properties of celery.

Dairy

Milk products in general are one of the top food allergy foods and often are a trigger food for many chronic inflammatory diseases.

It is common for people have allergies or intolerances to casein, the protein found in dairy. However, raw milk is an important source of nutrients and enzymes. Well prepared yogurt contains healthy probiotics and help to reduce gut inflammation.

Dairy comes with additional cautions as well. Commercial dairy by law has to be pasteurized and homogenized . . . which basically ruins it and leaves the precious milk nutrient devoid and viewed by the body as a toxin.

Options of lesser evil and more therapeutic, are non-dairy kefir and full fat organic plain yogurt from 100% grass fed cows. Taking advantage of the probiotic properties of these foods can help with digestion and assimilation is helpful toward gout prevention.



Peppers

Take advantage of colorful peppers such as bell peppers. They are available in a variety of colors. Hot peppers like cayenne and serrano's are rich in capsaicin and are sometimes used in topical creams that reduce pain and inflammation.

However, there is a precaution: Peppers, tomatoes, eggplants, and others are "nightshade" vegetables which can aggravate inflammation for some people.

Tomatoes

Juicy red tomatoes are rich in lycopene and can be helpful in reducing inflammation in the lungs and throughout the rest of the body. Cooked tomatoes contain even more lycopene than raw ones, so making your own fresh, homemade tomato sauce is an excellent idea.

Beets

This brilliant red color beets also signify powerful antioxidant properties. Beets and beetroot juice work to reduce inflammation, protect against various types of cancer, as well as heart disease due to vitamin C and plant pigments called betalains.

Beet Kvass is a fermented beverage that is easy to make and helps improve biliary function and keep the gallbladder healthy by keeping the bile thin and flowing freely. That causes it to be able to do its job of emulsifying the good fats and oils we eat.

Ginger & Turmeric

These are common spices in Asian and Indian cooking and are well known for their anti-inflammatory properties.

Turmeric is the ingredient that gives curry its yellow color and it works by turning off a protein that is integral in the regulation of the immune system and triggers the inflammation process. Ginger can help to reduce systemic inflammation in the gastrointestinal tract when taken as a supplement.

Garlic & Onions

Garlic & onions are known for their immunity-boosting properties. Studies have shown that garlic works in a similar way to NSAIDs (like ibuprofen) by shutting down the pathways that lead to inflammation. Onions have similar anti-inflammatory phytonutrients like quercetin and the compound, allicin, which breaks down to produce sulfenic acid, which is a potent antioxidant.



Garlic & onions are sort of the start of any good stir fry. Use a high heat oil like coconut oil or butter or bacon grease and slowly let the minced garlic and chopped onions slowly fry until the onions are translucent. This neutralizes all the bad breathe causing compounds and allows the flavors to be infused into the oils and permeate all the ingredients in the stir fry.

Coconut Crème/Butter

Coconut oil is somewhat of a product of coconut crème or butter. In the crème or butter form it is much more palatable and useable. These coconut products are for the most part a modern miracle. Coconut oil (contained in coconut crème or butter) is anti-septic, anti-fungal and anti-inflammatory. It is used to remedy many different health conditions but most importantly, good healthy saturated fats are needed for good hormone production, therefore making the process of healing and healthy inflaming and anti-inflaming possible.

Use the butter or crème forms generously in snacks like with bananas and nuts and use the oil for high heat frying.

Olive Oil

Olive oil gets its attractive and unique taste from the compound oleocanthal, which also works in a similar way as NSAIDs.

Use olive oil generously on salads and vegetables. It was once thought that it was acceptable for light frying and sautéing, however new thought leaders in the nutritional world don't believe that to be true anymore.

Using it cold and unheated is the preferred way take advantage of olive oil.

Berries

The rich color of dark-skinned fruits are due to "anthocyanins" which are a powerful type of antioxidant phytochemical that also happen to be a very powerful anti-inflammatory.

All different types of berries like strawberries, raspberries, blueberries, blackberries and others, are convenient for gout strugglers because they are readily available in frozen form.

Add them to almond milk with different greens like kale, and spices like turmeric, a splash of olive oil, and a well-chosen protein powder make for a fast, healthy, anti-inflammatory breakfast.



Tart Cherries

Last but not least, some people believe and some studies have shown that tart cherries have the highest anti-inflammatory content of any food. In animal studies, scientists have found that tart cherry juice can reduce the inflammation in blood vessels by up to 50%. In human athletic performance, significant increases have been measured due to consumption of cherry juice and it has been found to reduce the use of anti-inflammatory pain meds.

As we all know, cherries and cherry juice is a go-to remedy to relieve the pain and swelling of gout attacks and if used consistently, is very effective for gout prevention.

- ❖ The use of properly prepared, nutrient dense, whole foods is the starting point of my nutritional therapy training. High quality foods come as the “complete package” with all the co-factors, co-enzymes, and other needed compounds to facilitate their healing and medicinal effects.

Please feel free to contact me!

bert@thegoutkiller.com

(970) 485-5955

Visit my website for information and gout solutions:

<http://TheGoutKiller.com>