

CLINICAL PROTOCOLS

GOUT SUPPORT

A Suggested Nutritional Protocol for Gout Support

Lifestyle Modification

People who are overweight or have high blood pressure are at greater risk of developing gout. However, weight loss should not be rapid because restriction of calories can increase uric acid levels temporarily, which may aggravate the condition.

Foods that are high in compounds called purines raise uric acid levels in the body and increase the risk of gout. Restricting purine intake can reduce the risk of an attack in people susceptible to gout. Foods high in purines include anchovies, bouillon, brains, broth, consommé, dried legumes, goose, gravy, heart, herring, kidneys, liver, mackerel, meat extracts, mincemeat, mussels, partridge, fish roe, sardines, scallops, shrimp, sweetbreads, baker's yeast, brewers yeast, and yeast extracts (e.g., Marmite, Vegemite).

Avoiding alcohol, particularly beer, or limiting alcohol intake to one drink per day or less may reduce the number of attacks of gout. Refined sugars, including sucrose (white table sugar) and fructose (the sugar found in fruit juice), should also be restricted, because they have been reported to raise uric acid levels. In addition, consuming large amounts of fructose or sugar-sweetened soft drinks was associated with an increased risk of gout in one study.

According to a 1950 study of 12 people with gout, eating one-half pound of cherries or drinking an equivalent amount of cherry juice prevented attacks of gout. Black, sweet yellow, and red sour cherries were all effective. Since that study, there have been many anecdotal reports of cherry juice as an effective treatment for the pain and inflammation of gout. The active ingredient in cherry juice remains unknown, but a study in healthy volunteers found that eating about half a pound of cherries per day for four weeks decreased levels of C-reactive protein (a measure of inflammation).

Tri Alkali (Pure Encapsulations)

Promotes healthy acid-alkaline balance and provides specific support for bone health and healthy kidney oxalate and uric acid metabolism.

Suggested usage: *One scoop two to three times per day, with meals.*

Wobenzym® N

Wobenzym® N is a combination of plant and animal based enzymes that assist the body in balancing Th1 and Th2 cytokines, which helps balance the body's immune system.

Suggested usage: *Three to four tablets, three times daily, 45 minutes before a meal or 1.5hrs after.*

Ascorbplex™1000

Vitamin C is among the most powerful antioxidants in humans. It can protect the blood vessels and reduce platelet aggregation. It is also essential for wound healing and capillary health.

Suggested usage: *One to two tablets daily.*

