



# All About Gout: 100 Simple Recipes for Relief and Prevention

*Barbara LuCore*

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## **All About Gout: 100 Simple Recipes for Relief and Prevention** Barbara LuCore

Containing proven steps and strategies on how to treat Gout and get the relief you need. If you are reading this gout guide either you or someone you love has or is experiencing gout.

When it comes to gout the best remedy is educating yourself about gout. You need to know how to what gout is, how to treat it, and how to prevent it. You will want to keep this guide close by it is full of excellent tips, guidance and recipes for gout relief.

### What is Gout?

Imagine getting comfortable in your bed, you're drowsy and just beginning to fall into a peaceful sleep when suddenly you are awakened by what feels like a thousand little sharp needles being jabbed into your big toe. The sheet that felt cozy before now feels heavy and causes intense pain in your big toe. This is what's known as Gout. Doesn't sound like fun, does it?

Gout when you say the word out loud the expression brings images of red, burning, inflamed big toes to your mind. It's possible you have been subjected to this type of arthritis before. But as you will learn Gout doesn't just cause inflammation in your big toe, instead it can settle into the joints in your hands, elbows, knees, ankles, and shoulders.

So what is Gout? Gout has been known as the "disease of kings" due to their intake of rich foods and excessive alcohol consumption, leading to an inflammation of their joints. Gout is a painful form of arthritis, it often occurs in one of your big toes, especially in the early stages. Gout is a form of degenerative arthritis which doesn't develop overnight, it's a condition caused by the buildup of uric acid crystals which collect in the joints and tissues after a number of years.

Gout can be treated at home with some simple household remedies and a diet low in purines. This book contains 100 simple recipes for relief and prevention.

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