



GOUT

Gout is a form of arthritis that causes sudden and severe joint pain, swelling, and redness, often affecting the big toe, due to the accumulation of uric acid crystals in the joints, leading to inflammation.



Possible Contributing Factors

High levels of uric acid (called hyperuricemia) can be caused by:

- Fructose and other sugars in the diet
- Insulin resistance
- Excessive alcohol consumption, all types, not just beer and liquor as was once thought
- NAFLD or non-alcoholic fatty liver disease
- High protein diets, especially purine rich proteins like organ meats, dark meat, pork, soy & shellfish
- Higher leptin levels, as found in obese people
- Certain medications, such as diuretics and chronic aspirin use (even low dose)
- Low estrogen: men face greater risk than premenopausal women, but it increases post-menopause
- Dehydration: not only a direct contributor, but can also result in falsely elevated levels on a lab test
- Kidney dysfunction leading to decreased uric acid clearance in urine
- Rapid weight loss can temporarily raise uric acid levels as body tissue breaks down
- Prolonged fasting or very low-calorie diets can increase uric acid production and reduce clearance.
- Ketogenic or very low-carbohydrate diets can temporarily increase uric acid during the early adaptation phase
- Infections, injury, surgery, or significant physical stress can trigger inflammation and raise uric acid levels

Lifestyle & Dietary Recommendations

- Stay hydrated; uric acid levels become more concentrated with dehydration. Add lemon juice to water throughout the day.
- Cut out all forms of sweeteners, especially fructose
- Eat a low-glycemic diet: limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1-2 low fructose whole fruits per day
- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Avoid alcohol
- Reduce animal protein (especially purine) consumption until root cause is addressed
- Consume more potassium rich vegetables: spinach, sweet potato, beets, potatoes (with skin), squash...
- Consume more vitamin C rich vegetables: red peppers, Brussel sprouts, broccoli, cabbage, kale...
- Consume cherries to reduce uric acid & inhibit xanthine oxidase which converts purines into uric acid

Supplement Considerations

- Vitamin C (increases the excretion of uric acid in the urine)
- Quercetin (shown to reduce uric acid)
- Tart cherry extract
- Potassium citrate
- Uric acid combo formula (ex. Pure Encapsulations Uric Acid Formula)
- Omega-3