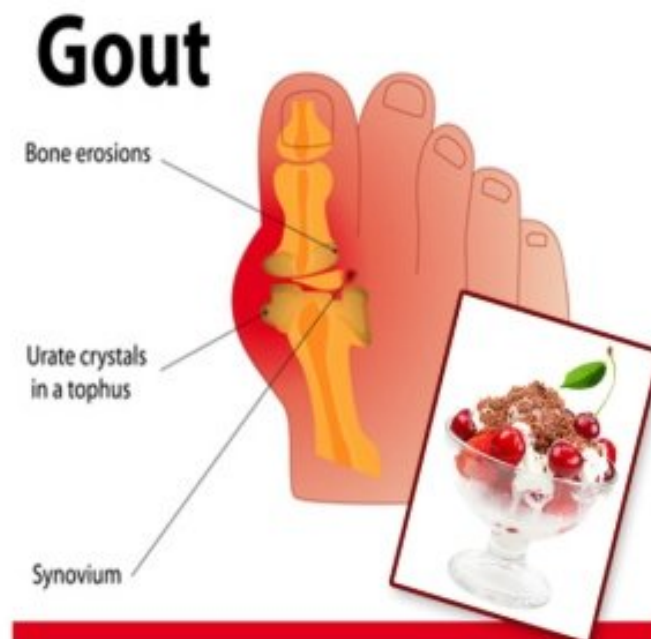


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Foods You Can Eat If You Have Gout: Home Remedies for Gout That Work to Reduce Pain

Doc Goodman

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Gout refers to a painful form of arthritis causing, stiff, hot and swollen joints. This disorder usually occurs when uric acid builds up in a persons blood. It often effects the feet. While the initial gout episodes only may last a few days, the subsequent bouts usually may occur more frequently and end up lasting for longer time periods. If you are suffering from gout, here are various food products that you can eat and which can greatly contribute to dealing with such a disorder. Complex carbohydrates can contribute enormously when it comes to assisting gout sufferers. Foods that have high complex carbohydrates levels such as potatoes, cereal, cereal products, rice, etc. are some of the healthy options which gout patients should add into their diet There are certain kinds of foods which can assist an individual suffering from gout. Some of these foods are consumed by gout patients hoping to control the intake of purines. The foods are normally tolerated very well by the body and they do not increase uric acid production to a very great extent. If you are suffering from gout, here are various food products that you can eat and which can greatly contribute to dealing with such a disorder. These food products include: