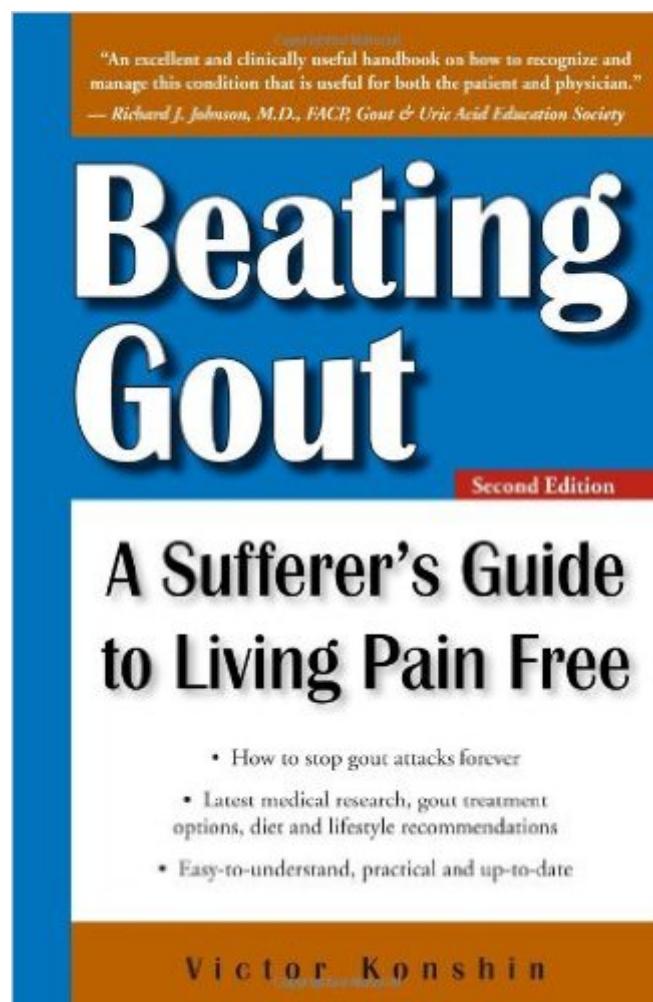


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# Beating Gout: A Sufferer's Guide To Living Pain Free



## **Synopsis**

Beating Gout is the most comprehensive and up-to-date book designed for the gout sufferer. Recent research has shown that up to 78% of doctors do not treat gout properly. This book sets the record straight on the best and most effective ways to treat gout attacks and manage gout's underlying condition, hyperuricemia. Beating Gout covers all aspects of the disease from its progression, diagnosis, treatment, to the latest research on diet and lifestyle choices that affect gout. Over five hundred research articles and texts were reviewed for this book. No other source has more practical, scientifically backed information that gout sufferers can start using immediately to reduce or stop gout attacks while living a healthier and pain free life. What you will learn: \* Learn the latest gout management techniques that can stop gout attacks forever \* Learn how to stop a gout attack in its tracks \* Learn the truth about how diet and lifestyle choices effect gout \* Completely based on the latest scientific research, not anecdotes or "secret cures" \* Clear and easy to understand \* Focuses on practical advice that you can use immediately to improve your gout and your health

## **Book Information**

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## **Customer Reviews**

I have been treated for Gout by my Doctor and by a Naturopath for several years, with mixed results. I've eaten cherries, taken Allopurinol, eliminated beer and reduced alcohol, cut back on meat, and tried numerous other remedies. I could expect a painful attack about once or twice a month regardless of all my efforts. This book was the first time I really began to understand the mechanism of Gout in total and how it is treated today. As a result of this book, I have not had an attack in over 5 months and am not making any onerous sacrifices. Rather than giving you one

particular cure that will eliminate Gout for everyone, this book enables you to understand your disease and to work with your doctor to develop a solution that will make Gout a minor irritation in your life. Do I recommend it? If you have Gout, you don't need to ask.

Based on the promises made on the book's cover and on the reviews that I read, I expected that Beating Gout would provide solid, substantial information on just that--beating gout. Instead, the "book" turned out to be nothing more than a glorified pamphlet with just 84 pages (printed in large type) of very basic information. Not only did this book contain nothing new, but it's information is antiquated enough that Colchicine is still referred to by its friendly old name and not by the name "Colcris." In the same way, the information contained within is the standard old fare as well: take NSAIDS, take Colcris, take a drug to lower the amount of uric acid in the body, avoid purines, lose weight and exercise. Not exactly the "How to stop gout attacks forever" that was promised in black and white on the cover. And the information contained within these pages comes with tremendous gaps. We are told, for instance, to exercise. And yet this book (and no other that I have found) explains how one is to exercise with a condition that flares from impact of joints or overuse of muscles. We are told to avoid purines, and yet there is insufficient information on diet to be of any real help. Beating Gout, it seems to me, is an excellent outline for the book on gout that is needed. Now someone only needs to fill in this outline with complete, up-to-date and comprehensible information. This book, in my opinion, is a complete waste of money. You can glean this information from the internet with fifteen minutes of Googling.

This book explains what gout is, why we get it, and how we can treat it with medicine and lifestyle habits. I read this book after experiencing my first confirmed gout attack, and therefore knowing very little about the disease other than the regal nickname. I'm extremely glad that I did as it has imparted upon me a foundation of knowledge that will help me manage the Disease of Kings going forward. While the findings can probably be summed up by saying 1) take an NSAID at the very first sign of a gout attack, and 2) to prevent further attacks, take Allopurinol to lower your uric acid levels and exercise and eat healthy (I would say just go common sense and load up on fruits, vegetables, & whole grain) to the point that you are at or close to your ideal weight. (Part of eating healthy unfortunately is avoiding binge drinking, so if you can do 1 glass of red wine a day, you're golden.) Having said that, despite the book being relatively short (some have complained about this, but I find it a godsend as I don't want to read a 400 page medical textbook as my introduction), it is packed with extremely useful background information, explanations of medical & pharmaceutical

terms, recommendations, warnings, side effects and so on and so forth. With respect to another criticism that I have seen, which is that you can find all this information on the web, I don't find this to be a criticism at all. I'd much rather pay \$17 for a well ordered compilation of all the important info out there than to spend scores of hours scouring the web doing research and filtering out all the information under the sun. No thanks. That point goes to the author. To sum up, this is a handy little gout intro packed with invaluable explanations, options, and recommendations that I highly recommend to all newbies to the Disease of Kings.

When I was first diagnosed with gout, I went online and found lots of websites with information stating 'eat this', 'don't eat that'. What most of these sites lack was a citation for the primary information. In scientific writing, citations are the foundation for developing an argument. The content on many of these sites is likely the result of someone copying information from another site - an error is easily perpetuated. In Beating Gout, citations for the primary literature are provided. Sometimes study results contradict each other as another reviewer noted and Beating Gout describes where the patterns are not clear. Below is a summary of what I enjoyed about the book. - The book emphasizes understanding the underlying cause of gout, not just treating the flare up. - It provides a detailed description of the medications used to treat hyperuricemia. - The food pyramid is very helpful as it provides a framework for healthy eating, not just specific foods. - You will be informed when talking to your doctor. I received very little info from my PCP. - You'll be encouraged that there are several important lifestyle changes that can help with hyperuricemia. However, Mr. Konshin stresses that diet alone will not be sufficient for most and working with your doctor to develop a treatment plan is essential. - Yes, there is a purine table. But Mr. Konshin states that the information might be of limited value as it is unknown how preparation method affect purine content, and high purine veggies are beneficial. So, it is more than just purines, especially in the case of beer, which he mentions. As a scientist, I went to the primary literature and read some of the papers cited in the study. I also found a newer paper that was very helpful. Choi, H.K. 2010. A prescription for lifestyle changes in patients with hyperuricemia and gout. Current Opinion in Rheumatology 22: 165-172. Google the title and you will find a pdf.

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