



Health Matters

by
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Gout is a type of arthritis typically affecting the metatarsal joint of the big toe, but it can occur in any joint. Painful and debilitating, gout is primarily associated with excess uric acid, but it's also linked with hypertension, high triglycerides, diabetes and being overweight.

Uric acid levels can be minimized by discontinuing alcohol, limiting refined carbs (especially sugar) and drinking more water. Alcohol and sugar impair the kidney's ability to remove uric acid from the body. Foods high in purines, such as shellfish, meats, beans, asparagus and spinach also contribute. Gout is more prevalent in the summer due to excess heat and dehydration.

Go-Out Plex, a blend of black cherry, celery seed, turmeric and bromelain (from pineapple), helps lower uric acid levels in the blood, thereby controlling symptoms of gout. In a convenient capsule, this blend of food-derived ingredients helps provide effective relief without side effects.

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