A Free Report by Paul Thomas

www.TheGoutSolution.com
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A Brief Introduction To This Report

Hi

My name’s Paul Thomas I’m a former gout sufferer and medical researcher.

I firmly believe that when you’re looking to reclaim your health from gout that knowledge is power.

This report serves as the first piece of the puzzle to start empowering you.

Why?

Well firstly, there are so many myths and lies surrounding what causes gout and how to treat it naturally – it’s time to put an end to that.

If you don’t have at least some understanding of why you’re getting gout then you will not be able to sift through all the information and make an educated decision about how to fix it.

Secondly, I believe that having an understanding of why we’re doing something for our health will increase compliance. If you know exactly why you’re avoiding certain foods and following a particular diet for your gout, you’ll be more likely to stick with it and therefore get better results.

I want to introduce you to a new health paradigm. A way that treats the root cause of a problem and doesn’t just cover up the symptoms – that’s true health. Then we’ll get into the truth about the low purine diet.

I’ll be the first to admit that what follows may be a little technical – but it has to be. I’m not going to make claims about something and not back it up with evidence (like some people in this area). The science clearly shows that the conventional low purine diet simply does not work and is based on faulty logic.

Let this be the start on your journey to better health and reclaiming control of your body.

Yours in health

Paul Thomas
A New Approach to Your Health

What is wrong with the modern health approach?

The modern health paradigm is broken. Somewhere along the lines of trying to help people and treat disease and illness, the modern health paradigm changed.

Currently, our modern health paradigm is not one that seeks to promote health, but rather, it concentrates on eliminating symptoms. Some people refer to this form of health care as ‘crisis care.’ We only seek help when something is wrong, and usually, we want it fixed quickly and easily.

A Pill for an Ill

There is nothing wrong with that approach; however, just treating the symptoms and not addressing the root cause of the problem can be a recipe for never-ending symptomatic care. This can mean a lifetime of prescriptions and taking pills—all just to ‘get by.’ And, while the symptoms may be under control, the real cause of the problem is still present within the body.

Living your life under the drug-supported notion of being ‘symptom free’ is not health. It is like the person who has awoken from their sleep by the smoke alarm that has been set off by a fire. Dodging and ignoring the flames, they make their way to the smoke detector to disconnect the battery to stop the noise so that they can go back to sleep.

Treating the symptoms is missing the bigger picture.

Symptoms are an expression that something is wrong in the body. They arise for a reason; there is always a cause. They don’t just happen. To really embrace the true meaning of health, it is in your best interest to address the cause of whatever is causing your symptoms and not just ignore them by popping a pill.

True health is found not just by surviving but by thriving. You want your body and all its functions operating at full potential. So, take control of your health and change your lifestyle so that your body can be restored to an optimum state of health.
You see, the body is smarter and more complex than people give it credit for. The body is extremely adaptable. Often, people can push it to extraordinary limits, and it will continue to function. However, when symptoms appear, it is the first sign of the body communicating that something is not right. The term *disease* originally meant ‘dis-ease’ or an imbalance in the body.

**The Start of Disease**

Every living organism operates within a state of homeostasis. Homeostasis is the process by which the organism regulates its internal environment and tends to maintain a stable, constant condition.

A simple example of homeostasis is how the body regulates body temperature. When you exercise, you naturally get warmer. In an effort to cool down, the body will sweat (so that the skin is wet and outside air cools the skin down) and push blood to the surface, resulting in a red face. (Once again, this is so the coolness of the outside environment can cool down the blood near the surface.) This is the body’s attempt to restore balance and keep the body’s temperature where it needs to be to avoid overheating.

When the body is in balance, everything can operate smoothly; however, as soon as something disrupts the balance is when ‘dis-ease’ can develop.

Another way to look at homeostasis is being hard wired for survival. Your body, like all living organisms, has an inbuilt guiding force driving it towards a state of health. Think about when you cut yourself or break a bone. Your body automatically takes the all the necessary steps towards restoring whatever has been damaged back to the original and optimal state. The same happens when you are sick with a cold or sore throat.

The same can happen with chronic diseases such as gout. The only difference is often there are some influencing factors that have caused the body to get to that diseased state that must be removed to allow the body to restore itself. Think of it as removing a splinter from a cut so that the body can heal. You want to remove the “road blocks” that are stopping your body from restoring itself to a “normal” symptom-free state.
Everyone is different, and disease can manifest itself in different ways. For some, it may be skin rashes, allergies, or headaches. Only when the body is properly balanced can it function optimally, including adequately removing wastes.

**The Foundational Approach of This Book**

The approach for treating gout in this book is built on 2 foundations. Firstly addressing and correcting the underlying cause of the problem. Once the root cause is correct, the symptoms will go away. This is the only way to break the vicious cycle of “symptomatic care” and a lifetime of ill-health supported by drugs and medication. This is the path to true health.

The second foundation follows on from the first but with an exciting new twist. For a long time, because of the association of purines to gout, one treatment recommendation was dietary modifications with the goal of lowering the intake of purines. While I applaud the idea of treating the cause, the research and theory behind the purines in our diet causing gout is fundamentally flawed. And it’s a travesty that it has been, and continues to be, recommended as a viable treatment option.

So this program will layout for you the latest discoveries and theories relating to what is really causing your gout and exactly what you can do to correct the root cause of the problem. With restored inner balance and wellness in your body, the symptoms will naturally go away.

**Making a Change**

The fact that you are here, reading this report, means that you have gone further than 95% of other gout sufferers who are happy to just continue their drug use and masking their symptoms, while the real problem continues in the background. I congratulate you on the choice you have made and the courage you have to do something against the normal approach to managing chronic disease.
Gout and the Fallacy of Purines

Brief Origin of Gout

Through written record, we see that gout is one of mankind’s oldest diseases; it was identified in 2640 BC by the Egyptians and recognized by Hippocrates in the 5th century BC. Originally, it was a condition suffered by the wealthy and affluent, so much so that it has been called a “disease of kings and king of diseases.” (1) Throughout the annals of history, gout has been associated with the rich and famous, affecting kings (Alexander the Great, Charlemagne, Henry VIII), statesman (Benjamin Franklin, Alexander Hamilton), artists (Alfred Lord Tennyson, Voltaire), and scientists (Isaac Newton, Charles Darwin, Leonardo da Vinci). (2)

Traditionally, the association of gout with wealth and affluence had been attributed to gluttony and excess consumption of alcohol. As with many diet related diseases, there is interesting evidence suggesting that gout was nonexistent or rare in indigenous populations (3-6), and a correlation of increasing incidences is seen as they adopted western diets. (7, 8)

How Did Purines Get Caught Up In This?

There is no debate that excess uric acid causes gout. The issue is what the causative factors are that lead to this excess uric acid in the body.

Having the correct understanding of why there is an excess uric acid will of course lead to a much better chance of correcting this root cause. If excess purines from the diet were really the cause of gout, then there would be a lot less people suffering from it, and the case would be closed.

This solution of controlling gout through reducing dietary intake of purines has been around for a while, so in theory, we should see the incidence of gout declining. In reality,
quite the opposite is happening; there is an increase across the board of gout. The fact of the matter is that decreasing dietary purines has not been a reliable treatment, and as stated in one recent research paper, "It is clearly not simply that high purine content in food is bad for gout." (8)

Press Release

THE NUMBER OF PEOPLE WITH GOUT CONTINUES TO RISE

ATLANTA – Gout rates—and related cases of hyperuricemia—have increased over the past two decades, according to research presented this week at the American College of Rheumatology Annual Scientific Meeting in Atlanta.

[If the low purine diet really was the solution then gout rates would be falling not skyrocketing as shown by this recent press release.]

Purines caught the blame with some faulty logic looking at the sources of uric acid. There are two sources: external purines (the foods we eat) and internal purines (our own natural breakdown of cells).
Purines and Gout

The total amount of purines in the body is a combination of internal purines and external purines.

Total purines in body = Internal purines + External purines

Internal Purines

What you need to understand is that regardless of what we eat, our bodies produce their own uric acid supply.

Internal Purine Summary:

1. When cells in our bodies die, there are complex chemical reactions that breakdown the cell forming among other substances purines.
2. These purines are turned into uric acid.
3. Our kidneys filter uric acid from our blood and then return most of it, excreting any surplus. There are a few factors that determine what is deemed as excess by our kidneys, such as genetics, protein in our diet, alcohol, and some medicines. When there is too much uric acid concentrated in our blood, it will move into joints and other tissues, where it may form the crystals that cause gout.

External Purines

External purines are those that are not made internally by our body but come from our diet. It is important to understand that dietary or external purines simply increase the raw materials available for uric acid production.

However only about 1/3 of the daily purine load comes from diet, while the other 2/3 comes from the body’s turnover of cells. (9)

So the biggest influence on our purine levels is not from our diet at all.
Purines and Uric Acid Blood Levels

The relationship of purines to uric acid is that the purines can be converted (metabolized) into uric acid by the liver and a few other tissues within the body.

Think of the concentration of uric acid like a bank account—a net amount is determined by the difference between the amount of money you deposit and the amount you take out (spend).

Just like the bank account, blood concentrations of uric acid depend upon the difference between the uric acid entering the blood and uric acid leaving the blood.

The uric acid entering the blood is determined by how much uric acid is produced by the liver and then dumped into the blood stream. **The rate at which the kidneys excrete uric acid controls how much uric acid is leaving the blood stream** (i.e., if you excrete less uric acid, you will have more left in your blood).

In a large majority of gout patients, more than 90%, the disease results because they are “underexcretors”—meaning that the kidneys can’t get rid of blood uric acid fast enough in proportion to how much is being produced in the liver. (10)

Remember:

**Total purines in body =**

Internal purines (approx. 2/3rds) + External purines (approx. 1/3rd)

Purines become uric acid.

**Total uric acid in body = Uric acid made – Uric acid excreted**

Here’s where it gets interesting: the total amount of uric acid in the body can be influenced by what we eat (and it has nothing to do with the purine content of food).

Eat the wrong foods – (as I’m sure you’ve experienced) and you’re in a whole world of pain with a gout attack.
Most gout sufferers are blindly guessing or misinformed about what are the “wrong foods” (usually based on low purine diet advice).

Eat the right foods and keep your gout attacks away.

The Purine Theory Falls Apart

The mainstay recommendation to reduce high purine foods, such as fish, shellfish, meats, poultry, and organ meats, has debatable therapeutic value, (10) as evident by clinical trials showing low purine diets only marginally reduce (1-2mg/dl) blood uric acid concentrations (11-13).

On the contrary, high protein meat-based diets that contain high amounts of purines would be expected to promote gout symptoms, increased consumption of dietary protein actually
decreases blood uric acid levels by increasing uric acid excretion (remember the net balance uric acid equation above). So an inverse effect occurs because the kidney increases its excretion of uric acid when faced with elevated dietary purines. (14)

The ineffectiveness of reducing dietary purines as an ineffective measure can be demonstrated with a nearly vegetarian diet, which has been shown to only decrease blood uric acid levels by 10-15% compared to a typical American diet.

This is not near enough to restore high uric acid levels to normality, and there is little evidence to support the success of such diets reducing gout attacks in those afflicted. Purine-free diets are not a plausible or effective treatment for gout, and they should no longer be prescribed, as the gout specialist Irving Fox noted in 1984, “because of their ineffectiveness” and their “minor influence” on the levels of uric acid. (15)

Also, it is worth noting the incidence of gout in vegetarians or mostly vegetarians is nearly equal to normal populations and “much higher than is generally assumed.” A mid century estimate put the incidence of gout in India among “largely vegetarians and teetotallers at 7%. (16)

**WARNING**

We now know that purines in our food/diet don't cause gout – so what does?
That’s the next piece of the puzzle and beyond the scope of this report but...

What’s most alarming about the “low-purine” diet approach to treating gout is that many of the recommended low purine foods are actually triggers for the REAL cause of gout.

In many cases people following this low purine diet are doing their gout more harm than good.

------------------------End FREE Report------------------------

This report is an excerpt of 2 chapters from the highly acclaimed book “The Gout Solution”.

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I hope you have enjoyed reading this report. Have you paused a moment to think how the principle of correcting the root cause of the problem could impact your gout?

You should feel a sense of excitement at the prospect of regaining control of your health and life.

I want you to know that this is just the beginning... We’ve laid a foundation for health (and not just symptomatic care) and now we’re going to build on top of that. As you can
see from the table of contents above, I have a lot more life changing stuff to share with you.

Many gout sufferers gain tremendous benefit from the “Purine Diet Lie” report you’ve just finished where I de-bunk the common dietary approach to gout and show you evidence that it can do more harm than good.

This forms the key for understanding the real culprits that cause gout – you will be shocked and surprised as you discover you’re probably consuming these “culprits” everyday. And therefore the reason for your attacks and flare ups will become crystal clear.

To discover a bit more about what I have for you I’ve put it into a short presentation. I highly recommend you watch it.

My gout story is probably a lot like yours but everything changed with this one simple “accident” I made that opened up a whole new world for me. My gout and my life have never been the same since.

**FREE Presentation Reveals True Cause Of Gout And How To End Gout Pain**

**Click Here To Watch**

Yours in health

Paul Thomas
Medical Researcher, Former Gout Suffer and Author of *The Gout Solution.*

P.S. Although the science may seem a little technical I can assure you the solution is very easy to follow.

I lay it all out in black and white for you, I tell you what to eat and what to avoid plus I even give you recipes to follow.

If you’re ready to put an end to your gout just watch my FREE presentation by clicking here.
References

