

## Gout

### WHAT IS GOUT?

**Gout** is one of the most painful rheumatic diseases. It results from deposits of needle-like crystals of uric acid in the connective tissue, joint spaces, or both. These deposits lead to inflammatory arthritis, which causes swelling, redness, heat, pain, and stiffness in the joints. Gout accounts for about 5 percent of all cases of arthritis.

**Pseudogout**, also a crystal-induced arthritis, is a condition with similar symptoms that results from deposits of calcium pyrophosphate dihydrate crystals in the joints. It is sometimes called calcium pyrophosphate deposition disease, crystal deposition disease, or chondrocalcinosis.

**Uric acid** is a substance that results from the breakdown of purines or waste products in the body. Deposits of uric acid, called tophi, can appear as lumps under the skin around the joints and at the rim of the ear. In addition, uric acid crystals can also collect in the kidneys and cause kidney stones.

For many people, gout initially affects the joints in the big toe, a condition called podagra. Sometime during the course of the disease, gout will affect the big toe in about 75 percent of patients. Gout can also affect the instep, ankles, heels, knees, wrists, fingers, and elbows. The disease can progress through four stages:

**Asymptomatic** (without symptoms) hyperuricemia - In this stage, a person has elevated levels of uric acid in the blood but no other symptoms. The tendency to develop gout, however, is present.

**Acute gout**, or acute gouty arthritis - In this stage, hyperuricemia has caused the deposit of uric acid crystals in joint spaces. This leads to a sudden onset of intense pain and swelling in the joints, which may also be warm and very tender. An acute attack commonly occurs at night and can be triggered by stressful events, alcohol or drugs, or another acute illness. Early attacks usually subside within 3 to 10 days, even without treatment, and the next attack may not occur for months or even years. Over time, however, attacks can last longer and occur more frequently.

**Interval or intercritical gout** is the period between acute attacks – there are no symptoms and joints function normally.

**Chronic tophaceous gout** is the most disabling stage of gout and usually develops over a long period, such as 10 years. In this stage, the disease has caused permanent damage to the affected joints and sometimes to the kidneys. With proper treatment, most people with gout do not progress to this advanced stage.

**Symptoms** of gout include inflammation, swelling, redness and warmth over the joint, most commonly the big toe. The joint will be extremely tender - touching or moving it will be extremely painful. The individual also may experience fever, chills, and fatigue. Many gout sufferers say they first noticed pain in the middle of the night or upon arising in the morning.

### DRUGS OFTEN PRESCRIBED FOR GOUT

**Allopurinol** (Zyloprim, Lopurin) inhibits the production of uric acid but has been linked to skin eruptions, inflammation of the blood vessels, liver toxicity, nausea, vomiting, diarrhea, numbness and a host of other side effects.

**Colchicine** (no brand name) is used to alleviate attacks but can cause serious side effects and toxicity as well as the other minor side effects of nausea, vomiting, diarrhea, numbness and sometimes bleeding or bruising. And the overdose rating on this one is HIGH!

**Indomethacin** (Indocin, Indocin I. V., Indocin S. R.) This is a non-steroidal anti-inflammatory drug or NSAIDs. It treats the gout attacks but has side effects including stomach pain, indigestion, headaches, dizziness, nausea, and vomiting. Used long term, NSAIDs may also have significant toxicity.

## WHAT CAN YOU DO TO PREVENT GOUT ATTACKS?

When experiencing gout-like symptoms, avoid eating liver, shellfish, yeast, mushrooms, sardines, peas, beans, spinach, asparagus, alcohol, and mussels. You should moderate the amount of poultry and red meat as well. Foods you should eat are vegetables, fruit (especially strawberries and cherries), grains, seeds and nuts, cheese, and white rice. Increasing your water intake can also be of significant benefit to relieving gout.\*

## HEALTH SUPPORTING QUALITIES OF USING GOUT-HELPER™

**Gout-Helper™**, an herbal dietary supplement, is designed specifically to support healthy uric acid metabolism by promoting healthy circulation and healthy kidney and liver function. The herbs contained in Gout-Helper™ are all natural and do not have side effects like commonly experienced from taking prescriptions medication.\*

This specific formula was developed by medical doctors and master herbalist in Vietnam and Russia for their patients to promote harmony and balance within the body. In their anecdotal research, they found this formula highly effective in supporting the body's key mechanisms essential to naturally dissolving uric acid crystals and remaining Gout-Free. Unlike western treatments that focus on reducing Gout symptoms, they believe in the eastern medicine philosophy of not treating disease or symptoms but rather supporting the body's own healing mechanisms.\*

## GOUT-HELPER: SUGGESTED USAGE AND RECOMMENDATIONS

**Suggested Adult Usage:** As a dietary supplement take 3-4 capsules of Gout-Helper twice daily on an empty stomach, 30 minutes before meals or as directed by a health care practitioner. Gout-Helper™ can be taken while on any other natural product or if you are taking prescription medication. We do recommend that you take Gout-Helper at a separate time from anything else since this herbal combination works best when taken by itself.\*

Ingredients: The proprietary blend of herbs in Gout-Helper is comprised of Morinda, Eclipta, Alisma and Prunella.

**For more information:** See the Gout Helper product at [www.hls-herbs.com/product/Gout-Helper.html](http://www.hls-herbs.com/product/Gout-Helper.html) or call us at **877-505-HERB (4372)**

\*The FDA has not evaluated these statements. Our statements and products are not intended to diagnose, treat, cure or prevent any disease.