



STIFF MUSCLES OR DO YOU HAVE GOUT?

Compliments of Michelle Townsend, Naturopath, Nutritionalist, Iridologist, Wellness Consultant at Lake Spa

Gout is a form of arthritis where there is an excess of uric acid, which forms uric acid crystals. These settle around the joints resulting in pain, stiffness and inflammation. But high levels of uric acid itself will cause stiffness in the muscles and if you wake up with stiff muscles then you might have increased uric acid levels, without actually suffering from full blown gout.

Excessive amounts of uric acid can build up from a number of different ways, the main being:

1. A diet high in purine rich foods, as purines are broken down into uric acid.
2. A genetic defect in the body's metabolism of purines (known as the Lesch-Hyhan syndrome). This is when the body actually increases its own production of purines, which when broken down into uric acid, cause gout.
3. High levels of the enzyme, Xanthine Oxidase which is responsible for production of uric acid within the body. Approximately 70% of gout sufferers have an overproduction of uric acid, the remaining 30% of gout sufferers have a reduced ability to eliminate uric acid.

Purine rich foods are often protein rich foods, but some foods are known causes of gout & uric acid build-up. These include:

- Beer and other alcoholic beverages
- Certain fish including anchovies and sardines
- Yeast
- Organ meats (all meats contain purines so a diet with high levels of meat itself can cause gout)
- Legumes
- Certain vegetables including mushrooms, spinach, asparagus and cauliflower
- A diet high in fruit (more than 4 pieces/day- fructose can increase the body's production of uric acid)

HOW TO HELP?

- During an attack of gout taking bromelain 500mg every 2 hours can reduce the inflammation
- Make a juice of potato, beetroot, celery and lettuce and drink 100ml of this every hour
- If you are taking supplemental B12 or B3 – you will have to stop until your uric acid levels fall – these both increase uric acid levels
- Naturally if the pain persists or is severe see your doctor.

PREVENTION TIPS

- Eat cherries and drink cherry juice! Cherries are known to reduce uric acid levels and are also high in antioxidants to help prevent the damage high levels of uric acid can cause.
- MSM 2000mg/day has been known to help prevent gout
- Drink 3 cups of nettle or juniper tea/day (mix them together or alternate them)
- Celery seed supplements also help to flush uric acid out of the body.

Ideally we need to assess if there is an irregularity with the overproduction of uric acid or an inability to excrete uric acid efficiently. An Iridology assessment is a naturopathic tool used to assess your current situation. I will then formulate a specific treatment program that would suit your condition. Stiff muscles experienced on rising or early in the day may be an indication that uric acid levels are high. This can be an early indication of uric acid crystallization giving a pre-disposition to gout or arthritis.

If you suffer from muscular discomfort, aches or pains in the morning or have gout, I welcome your visit as these conditions are ideally suited to a Naturopathic treatment. Appointments can be made on 43931200.

Bye for now, Best wishes, Michelle

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