

Baritz Wellness Center, PC

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Gout

06/08/10, 06/20/10

Gout is a disease that results from problems metabolizing uric acid. This overload of uric acid leads to the formation of tiny crystals of urate that deposit in tissues of the body, especially the joints. When crystals form in the joints it causes recurring attacks of joint inflammation (arthritis). Chronic gout can also lead to deposits of hard lumps of uric acid in and around the joints and may cause joint destruction, decreased kidney function, and kidney stones. The signs and symptoms of gout are almost always acute, occurring suddenly — often at night — and without warning. They include:

- **Intense joint pain.** Gout usually affects the large joint of your big toe, but it can occur in your feet, ankles, knees, hands and wrists. The pain is likely to be most severe within the first 12 to 24 hours.
- **Lingering discomfort.** After the most severe pain subsides, some joint discomfort may last from a few days to a few weeks. Later attacks are likely to last longer and affect more joints.
- **Inflammation and redness.** The affected joint or joints become swollen, tender and red.

Physiological Considerations

- Foods high in potassium are protective against gout, such as raw leafy vegetables, raw vegetable juices, potatoes and beans. Use **Organically Bound Minerals** 3 to 6 per day where dietary intake is low.
- Avoid purine-rich foods such as organ meats, fish like mackerel, herring, sardines, mussels & yeast.
- Avoid fructose, and refined sugars
- Increase water intake; see my Health Tip “Water Intake”
- If left uncorrected there is increased risk of coronary artery disease and/or kidney damage
- Cherries in any form, canned, fresh or juice, equivalent to ½ lb/day, are very beneficial to some patients. The mechanism of their effect is unknown.

Acute Care – till symptoms subside

(Skip this phase during pregnancy or lactation)

Boswella Complex (2 tabs 2 to 3x/day)

- Natural anti-inflammatory

DermaCo (2 tabs 2x/day)

- Used to improve elimination in conditions such as gout and rheumatic conditions, often combined with Boswella Complex for anti-inflammatory activity, used alone it is considered to be a blood detoxifier.

Detoxification & Healing – for a minimum of three months

Phospfood liquid (30 drops in a full glass of water)

- To support the autonomic nervous system to promote healing

Arginex (3 tabs 2x/day)

- Combines the effect of kidney detoxification with rebuilding

DermaCo (1 tab 2x/day)

- During pregnancy/lactation replace with **AC Carbamide** 4 per day with a full glass of water

For more information or to see if this protocol might be right for you call Dr. Baritz at 508 583-2565

To order any of the products mentioned call 508 583-2565

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