

Optimal Foot Health New Orleans Podiatry Associates

Gout

It is a painful form of arthritis that occurs when high levels of uric acid in your blood cause crystals to form and accumulate around a joint. Your body produces uric acid when it breaks down purines. **Purines are found in red meats, organ meats, some seafoods and some vegetables. Most importantly, purines are released when your body breaks down fructose and sugars.**

Gout Diet Philosophy

Because uric acid itself is a breakdown product of protein, it has been assumed for the past century that the primary dietary means of elevating uric acid levels in the blood, and so causing first hyperuricemia and then gout, is an excess of meat consumption.

The actual evidence, however, has always been less-than-compelling because low-purine diets have a negligible effect on uric acid levels.

In fact, new research supports the idea that getting rid of a diet high in fructose, beer, wine and alcohol are probably more effective at keeping uric acid levels low in the body than reducing nutrient dense meats and seafood from one's diet.

Based on that new research, it is my opinion that the best diets for optimum foot health are those which are maintained within your specific caloric range, are void of or extremely low in carbohydrates/sugar/fructose, beer, wine, and alcohol, and rich in nutrient dense whole foods, including red meats, organ meats and seafood.

Gout Diet- A Two Phase Approach

Phase One

While you are experiencing active gout, it is common practice to temporarily restrict your diet to low purine foods. The following diet is recommended to assist your body in removing purines as quickly as possible, thus providing fast relief from the pain associated with active gout. You will follow this diet until your gout episode is resolved.

- 1.) Do not consume the following: sugar, fruit juice, soda, diet soda, processed seasonings, organ meats, anchovies, tuna, shellfish, sardines, codfish, haddock, herring, mackerel mussels, roe, scallops, trout, bread, flour, starches, legumes or grains, beer, wine or alcohol.
- 2.) Drink at least 100 ounces of water per day.
- 3.) Coffee and tea are dehydrating. Limit your consumption to 8oz per day.
- 4.) You can use salt, pepper and fresh herbs to season your meals but avoid processed seasonings and condiments. Check labels for sugar and additives!
- 5.) Eat clean, quality proteins in moderation and according to your daily caloric needs. Chicken, eggs and pork are good low purine options. Avoid organ meats at this time.
- 6.) Eat non starchy vegetables and fruits such as avocados, tomatoes, broccoli, bell peppers, and cucumbers. Sweeter fruits should be limited during this phase because sugar including fructose is associated with creating purines.
- 7.) Avoid consuming seed oils, they are very unhealthy. Use in moderation: olive oil, coconut oil, butter or tallow (beef fat) when fats are consumed.

Phase Two

- 1.) When you are not experiencing active gout, eat an ancestral diet which includes eating clean, quality proteins, healthy animal fats, and no more than 20-100 grams of complex carbohydrates daily. Eliminate all processed foods, sugars and simple carbohydrates from your diet for optimal health.
- 2.) Eat for your caloric needs based on your height, body type and activity level. I have attached a link to a calorie calculator here. <https://www.calculator.net/calorie-calculator.html>
- 3.) Eat complex carbohydrates in moderation. Keep your daily carbohydrate count between 20-100 grams per day or less. Fruit is bred for sweetness which means today's fruits have more sugar than we suspect. Use the app here to track your carbohydrate count. **My Fitness Pal**

- 4.) Do not consume flour, sugar, bread, grains and legumes; these foods are high in carbohydrates. Grains and legumes are also rich in lectins which are associated with poor gut health.
- 5.) Drink plenty of clean, filtered water. Drink at least 100 ounces per day.
- 6.) Do not eat processed foods; if it comes in a wrapper or package, avoid it.
- 7.) Eat quality proteins and animal fats, including: free range eggs and fowl, wild caught fish, shellfish nutrient dense red meats, rabbit, lamb, deer, elk, bison and organ meats. If you like bacon, choose uncured bacon. Consume “clean” whole foods that are free from chemicals, sugar and processing. Protein repairs tissues and good fat feeds the brain. The key to this lifestyle is moderation. Remain within your caloric needs.
- 8.) Eat organic berries- they are rich in antioxidants and they have a low glycemic index. Consume fresh fruits like pineapple and watermelon and non-starchy vegetables.
- 9.) On occasion, dairy products may be consumed. Sometimes you may crave a nice piece of quality cheese- don't deprive yourself. This does not include processed cheeses and cheese spreads which should be avoided.
- 10.) Avoid (or consume on very rare occasions) beer, wine and alcohol. It simply isn't good for us and it is a primary trigger for gout episodes. If you consume alcohol, please add a 16 oz “water chaser” behind it to help flush our purines and uric acid.
- 11.) Avoid all seed oils as they are laden with lectins and are toxic to the human body. Use beef tallow, butter, coconut oil or olive oil when oil/fats are needed.
- 12.) Add weight training and twenty minutes of cardio activity five to six times per week
- 13.) I like the research concerning the benefits of intermittent fasting (IF)- but it is by no means necessary to achieve optimal health. If it is something you are interested in, the 16/8 method has solid research behind its methodology. It is performed by fasting for 16 hours and eating your daily calories within an 8-hour window. The link below will teach you how it's done. If you have diabetes, speak with your physician or dietitian before starting IF.

<https://www.healthline.com/nutrition/16-8-intermittent-fasting>

14.) Take your vitamins, especially a good quality multi-vitamin; I like the Alive brand and Nature's Best brand. Supplement daily with 5000 IUs of vitamin D with K2, 2000mg of Vitamin C and 2000 mgs of Omega fish oils. New research proves there are many health benefits to adding daily Vitamin D (an essential hormone) and extra Vitamin C to your diet. The former can always be accomplished by taking in more outdoor activities but the latter should not be achieved by consuming excess oranges and juices.

Heart and Soil supplements are fantastic if you cannot or will not eat your organ meats. They offer some excellent products. <https://heartandsoil.co>

	Heart & Soil — Nose to Tail Supplements Vitality. Strength. And vigor! Animal foods nourish your body the most. In fact, you can get every vitamin, mineral, peptide, protein, and growth factor that your body needs to thrive by consuming animals nose to tail. heartandsoil.co
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15.) Spend time outdoors in the fresh air and sunshine and take time to relax and de-stress. Try meditation, there are plenty of free apps to help you learn how. Below are 13 “study supported” reasons to meditate. <https://www.healthline.com/nutrition/12-benefits-of-meditation>

16.) Socialize! Studies show that longevity and good health are correlated with an active social life. Connections with friends are important. Meetup.com is a great place to locate like-minded people who gather for friendship. [Meetup.com](https://www.meetup.com)

Below is a list of nutritionists I follow. Each has a different philosophy. All are of great value.

Dr. Marc Hyman: <https://www.instagram.com/drmarkhyman/?hl=en>,

Dr. Paul Saladino: <https://www.instagram.com/carnivoremd2.0/?hl=en>,

Dr. Anthony Weil: <https://www.instagram.com/drweil/?hl=en>