

What is the best way to Control Gout Problem?

The best way is the hardest way. We are living in a fast moving society which, somehow, makes us become less patient and we tend to want something instantly. Most **gout patients** are always looking for a magical remedy that can take away their toe or **joint pain** once and for all. The sad truth is, there is no magic pill to be able to cure **gout**.

- Usually doctors will prescribe allopurinol for those patients who are receiving rising **uric acid level** in the blood.
- Allopurinol act like a suppressant that minimizes the formation of **uric acid** in the body.
- Just like anything in life the more you suppress, the stronger that breaks in the end.



Thus Far, the Most Effective Way to Control Gout is to Change Yourself Habit and Diet

It might sound easy at first but when it comes to doing it, a lot of people fail. This abundant world is full of temptations and it is hard to suppress our desire when we see great yummy food in front of us. If it is so easy, why there are plenty of obese people waste money on those diet pills and slimming programs?

*“ Gout is a direct result of too excess **uric acid** in the body and the attempt of trying to remove those unwanted acids is as hard as (or harder) trying to lose weight. Excess weight can be seen or measure with a level, but it is not so for uric acid. There is no way you can tell how much extra acid is in your body, normal blood tests or pH test are only able to give you a glimpse of the tip of and iceberg.*

Water Could the Best Way to Control as Well as Cure Gout

At least 60% of the body is made of water and many acids are water dissolveable. Thus, drinking plenty of water by increasing the frequency (not gulping gallons at shot) and you will slowly and gradually flush away the excess uric acid. For much better result, you should consider in a good unit of water processor that produces water with high alkalinity and also suggested in one of my books.

- Conventional medical strategy will never find the remedy for Gout because they are not dealing with The Root cause of Gout which is High Uric Acid.
- Find out the surprising ugly truth of our modern health care industry and the alternative solution for Gout at Reality of Gout.Com.

Hemen Ee is an Asia Based Writer

He or she is mainly noted internationally for his specialized knowledge on ionized alkaline water. He is also best known for his fusion of healthcare wisdom from East & West. A huge selection of gout or diabetes patients have regained their health from his unique approach which is neither mainstream (drugs) nor alternative (herbs).



*“ **Susie Hart***

Susie is a leading curator at omex3.com, a resource about alternative natural health. Last year, Susie worked as a post curator at a well-known tech web site. When she's not sourcing web posts, Susie enjoys working out and skateboarding.

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