

# Cheese Gout: Gout Treatment: Cherries To The Rescue. Research shows That A "Cherry Diet" Helps Curb The Pain And

Those who have suffered from gout can testify to the fact that it is one of the most painful conditions imaginable. For those who have not suffered from gout yet, pray that it does not happen to you. But for both those who know and those who don't there is some good news. Researchers found that cherries can be one of the best gout treatments available to you. The research showed that cherries are able to alleviate the pain associated with gout attacks.



- Unfortunately some side effects will only show up in time.
- No matter how well a drug is investigated and tested.
- The actual question "How many other time bombs are lurking out there?" is valid and is currently being investigated.

Copyright 2005 Wendy Owen

No matter which type of arthritis you suffer from, whether it is osteoarthritis, gout, fibromyalgia, rheumatoid arthritis or any one of the myriad forms of this disease, you need a safe and effective treatment. Attention is actually turning towards natural arthritis pain relief that is safe and viable for long term use.

Ardea Biosciences had been the first one to announce successful clinical trials of its experimental gout drug RDEA594, also known as Lesinurad. Lesinurad's mechanism of action is different from that of the commonly prescribed xanthine oxidase inhibitors gout medications (such as allopurinol and febuxostat), which decrease the assembly of uric acid.

- Two major American drug companies are racing to get compete with new gout medications to market.
- Each gout drugs take novel approaches to treating refractory gout - gout that hasn't responded well to current treatment.
- Zhang also said that eating more than 2 servings does not provide more protection than that associated with eating 2 servings of cherries.
- For individuals who tried to consume a lot more than 2 servings, the benefit was just the same as with eating 2 servings only.
- One of the most important issues that you need to tackle as a gout victim is your diet, the foods you consume on a daily basis.
- There are many foods out there that can help to trigger gout.
- Here, you'll discover how this can happen and the main gout foods to stay away from.

## Gout Foods to Consider Staying Away from

There will also be foods that have moderately high purine levels, but these can affect people in different ways because each person is different. For example, I can take asparagus without problems, but it always triggers gout in one of my friends.

Another reason is that aside from its anti-inflammatory properties, it also reduces the uric acid levels in the body, which is one of the major causes of gout. High uric acid levels cause the formation of crystal deposits in the joints, bringing on the pain associated with the disease.

A recent study conducted at the Boston University School of Medicine, it was found that consuming cherries could prevent gout attacks. The study had been conducted on 633 those who suffer from gout. They were asked to consume about 20 cherries daily. It has long been believed that cherries help in keeping inflammatory conditions associated with arthritis in check. For decades, many gout sufferers have been eating cherries as part of their daily diet in order to help them ease the symptoms of systemic gout flare-ups and to prevent it.

## Alex Ray Advocates With Regard to Affordable Access to Healthcare and Medication

She recommends Big Mountain Drugs as a trusted online Canadian pharmacy from which to buy allopurinol and colchicine for gout. For more information about gout and gout medication, visit the online reference [www.colchicine.ca](http://www.colchicine.ca).

## Arthritis and Exercise

Exercise is great for arthritis as well. Gentle exercises such as yoga, pilates, boating as well as walking are suitable. Stretch well before exercising and in the case of an attack of gout, wait until the pain and inflammation has subsided before starting.

## Gout is the Result of Crystals Developing in the Joints

And these can form if you have high uric acid levels in your bloodstream. Uric acid, in turn, is formed as a byproduct of the breakdown of chemical compounds called 'purines' that exist naturally in our bodies and foods.

Like Lesinurad, BCX4208 was studied in gouty arthritis patients who had experienced high blood urate levels for at least 6 months, despite taking the gout drug allopurinol. The 279 study participants were randomly assigned to take BCX4208 at doses of possibly 5 mg, 10 mg, 20 mg, or 40 mg once daily for 12 weeks. One group of sufferers was given a placebo. All participants were also given allopurinol 300 mg once-daily.

- Lesinurad is really a URAT1 transporter inhibitor that increases elimination of uric acid through the kidneys.
- Lesinurad is also active in opposition to another important regulator of urate secretion, OAT4.
- OAT4 is thought to be responsible for the high uric acid levels in gouty arthritis patients whose condition is caused or worsened by diuretics.

## About the Researcher

Joe McArthur has been doing extensive research about gout remedy. Their lifelong research on finding ways and means to cure gout is found at <http://gouttreatmentblog.net/>.

Other Essential Issues to Beat Gout But there are more issues that need to be addressed in order to ensure that you prevent gout returning time and time again. Diet on its own isn't really enough.

“ So what are these issues? In order to prevent recurring gout you need to address issues such as your lifestyle, your weight, previous medical conditions, medications becoming taken, as well as your family history of gout / arthritis.

The Lesinurad study involved 208 gout patients who had high blood urate levels for at least Six months, even while taking the gout drug allopurinol. Sufferers continued on allopurinol and were randomly assigned to receive either a placebo or lesinurad at doses of 200 mg, 400 mg, or 600 mg for four weeks.

## All Drugs Have Side Effects, There's No Disputing that

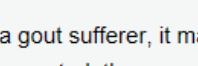
Now you ask , how dangerous tend to be these side effects and are they worse than the disease they are supposed to help? In the case of Vioxx, the side effects were increased risk of heart attack or stroke. Deadly stuff!

## Acupuncture for Arthritis

Acupuncture is yet another natural remedy for arthritis. Acupuncture requires the use of needles to stimulate energy centres in the body for successful pain relief. Massage therapy can benefit most types of arthritis, especially fibromyalgia, as it relaxes the muscles. Likewise the application of heat can have a relaxing and pain reducing effect.

So, as a gout sufferer, it makes sense in order to stay away from foods having higher purine levels. This is obvious really since the more purines being converted, the more uric acid being produced, and so the more chance of uric acid crystals forming.

“ *Joe Barton Out With Gout - Cure For Gout Review* For all individuals who are suffering from the excruciating pain of gout attacks are surely desperate to look for ways to end this misery. Conventional medications can only provide temporary relief from the gout attacks without offering permanent...



Its mechanism of action complements xanthine oxidase inhibitors like allopurinol as well as febuxostat in reducing uric acid production, and BCX4208 is intended as an add-on therapy for those gouty arthritis patients who don't respond well to current gout medication.

- According to one of the researchers, Yuqing Zhang, MD, one serving of cherries alone did not provide longer term help.
- Be enough to say, individuals who consumed only 1 serving of cherries (approximately 10 cherries) were not able to experience the positive effects.
- So where does this leave the regrettable person seeking arthritis pain relief?
- Well the best thing is not to get caught up in the hype in the media.
- Keep in touch with your arthritis doctor or rheumatologist to get the up to date news on what's available and what's "safe" to take at the moment.

At this point, Lesinurad appears the more promising of the two gout drugs, and the most likely to hit the market first. This outperformed BCX4208 in early clinical trials, and is farther ahead in the development and approval process. But individual responses to drugs vary, and gout patients will benefit from having two new approaches to relieving the symptoms of this painful condition.

The study itself is a confirmation of the very long time belief that cherries help to keep inflammatory conditions in check.

## And Gout Prevention is Just So Important

In addition to the discomfort and disruption to your life, you need to know that frequently recurring gout can end up with you having kidney problems and permanently damaged joints. This is the thing though; when you have had a gout attack, you're almost certain to have recurring gout.

## Gout Foods to Stay Away from

In the primary, meals having high purine levels are also high in protein. So the main gout foods to stay away from are things like fatty steak, organ meat, game, poultry and also seafood. Examples of these are kidneys, liver, anchovies, sardines, mackerel, herring, mincemeat, meat extracts, venison, goose, turkey, etc.

Typical gout foods to be aware of that have moderate purine levels are; asparagus, cauliflower, dried beans, legumes, mushrooms, spinach, soy, oatmeal, and so on. You may wish to either stay away from them completely or reduce their intake somewhat.

One of the reasons why cherries tend to be such a good gout treatment is because it has higher levels of antioxidants and anthocyanins, which are both beneficial to the body. Anthocyanins are antioxidant flavonoids that help in protecting the body system from damage. It is also one of the components of cherries that made the fruit extremely beneficial for patients with inflammatory diseases such as gout.

Natural arthritis medicine is a viable and safe choice that can be taken with confidence while waiting for the dust to settle on the NSAIDS debate. Some people have experienced dramatic relief from taking these natural remedies and also have decided that a natural remedy for arthritis is the answer to minimizing arthritis pain while being free of the worry over dangerous side effects.

More particularly, the investigation concluded that having 2 servings of cherry within the past 48 hours may lower the risk of a gout flare-up by as much as 50%. Now that is what scientists call a significant result. Using any amount of cherries or even the extract of cherries within the same period of 48 hours will lower the risk of recurring gout flare-ups by 40%.

*The study set out to find if there is any kind of truth in this age aged believe and found that by eating approximately 20 cherries (1 cup or 2 servings) every day, gout patients can cut the risk of experiencing gout attacks.*

All three groups who were given lesinurad demonstrated considerably lower uric acid levels at the end of the month. The percentage of patients who achieved the target for uric acid levels after treatment was 28% in the placebo group, 71% in the 200 mg group, 76% in the 400 mg group, and 87% in the 600 mg group.

About the author:Wendy Owen is a natural health writer and researcher. visit her site at <http://www.natural-arthritis-medication.com> for arthritis information and a natural arthritis remedy.

- There has been quite a scare lately because of the recall of Vioxx a Cox-2 inhibitor from the NSAIDS family of drugs.
- Vioxx was a major drug for arthritis pain relief.
- Sufferers are worried and wondering which drugs are safe and which one may be next to be withdrawn from the market.

So there is natural arthritis alleviation available for those wanting to get away from drugs and their side effects or for those wanting more information on arthritis to expand their treatment options. Those natural arthritis treatments are safe, effective and put you in control of the disease. Always remember though to constantly find professional medical advice at all times.

More lately, gives of BioCryst Pharmaceuticals rose 12% upon the release of the results of its phase 2b randomized, double-blind, study of the investigational gout drug BCX4208. BCX4208 is a novel enzyme inhibitor that acts upstream of xanthine oxidase in the purine metabolism pathway to reduce serum uric acid (sUA).

- Thus, eating the right kinds of food, especially the consumption of 1 cup of cherries regularly, helps in keeping gout attacks at bay.
- The study proves that cherries are among the best natural gout treatments readily available for gout patients.
- All but one of the doses showed that BCX4208 was superior to the placebo when used with allopurinol.
- The BCX4208 doses examined in the study showed response rates ranging from 33% to 49%, compared to 18% for those taking the placebo.

So to find out more info upon exactly what gout foods to stay away from and which gout foods you can eat, plus, how to prevent recurring gout causing you significant damage, go to <http://gout-relief-today.blogspot.com> for the facts.

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.