

GOUT DIET

DO NOT eat any of the following foods:

Red Meats (beef)
Alcohol
Candy
Organ meats
Soft drinks
Chocolate
Eggs
All caffeine drinks
Sugar
Fried foods
Mushrooms
Dietary yeast
Gravies

Primarily you should try to alkalize your system by eating mainly fruits and vegetables. Canned fruits should be packed in water, not syrup. Raw fruits and vegetables are best.

Juice: Any unsweetened fruit or vegetable juice except grape or prune juice.

Along with this dietary regime it is important to have **at least three 8 oz glasses of water** per day (preferably 64 ounces).

A folk remedy, which has been used successfully for years in the treatment of gouty arthritis, is cherries. The cherries must not have been sprayed with toxic materials or have sugar added to them in the processing. Cherry juice, available in concentrated form at health food stores, appears to be effective in reducing the symptoms of gouty arthritis. Drink 6-8 oz. per day.

During an acute attack, the juice of white potatoes can be taken as often as 4 oz. hourly.

