

[IMAGE]

## **When in Gout, Leave Meat Out**

Gout is a painful and debilitating condition that occurs when excess uric acid in the bloodstream forms crystal deposits in the joints (usually in the feet, ankles, and big toe, although it can also affect the hands, wrists, elbow and fingers).

Researchers studied the diets of 47,150 men with no history of gout over a 12-year period; during the course of the study, 730 of the participants were diagnosed with the condition. Researchers found that those who developed gout had a high intake of red meat and seafood during that time, while the incidence of gout decreased in men who had consumed more dairy products.

Based on this data, the researchers concluded that individuals who consume higher amounts of meat and seafood are at greater risk for developing gout, while higher levels of dairy consumption are associated with a decreased risk.

But diet and nutrition aren't the only ways to keep your joints healthy and strong. If you suffer from joint or musculoskeletal pain, your doctor of chiropractic can offer you a wide range of treatment options, as well as information on nutrition.

### *Reference:*

Hyon KC, Atkinson K, Karlson EW, et al. Purine-rich foods, dairy and protein intake, and the risk of gout in men. *The New England Journal of Medicine* 2004;350(11):1093-1103.

Additional information on the benefits of proper nutrition can be found at

<http://www.chiroweb.com/tyh/nutrients.html>.

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