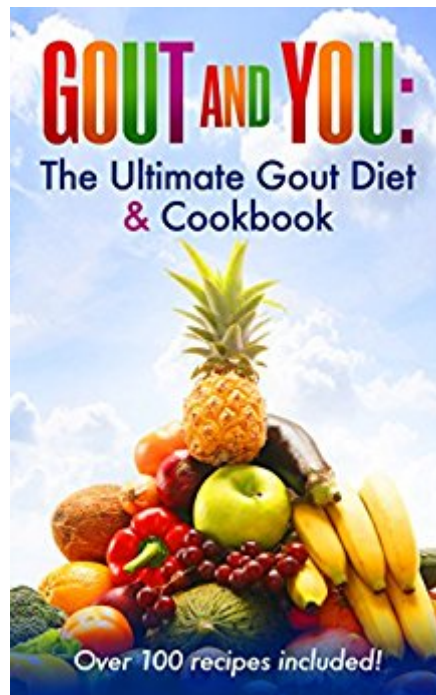


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# Gout And You: The Ultimate Gout Diet & Cookbook: Over 100 Recipes Included!



## Synopsis

Are you tired of gout attacks? Do you want to lower uric acid levels? Is your gout getting worse? Us gout sufferers have a unique disease that needs a tailor-made diet in order to avoid any worse progression of our gout which can eventually lead to other complications or even premature death. Our disease favors eating more certain type of foods over others but at the end the formula for a healthy diet is the same whether you suffer from gout, diabetes, hypertension, heart disease, osteoporosis or any other disease. Youâ™ll learn about that formula in this eBook, how humans are supposed to eat if we want to live a healthy long life and free from gout attacks. The focus of the eBook is on gout but many gout patients also suffer from diabetes, hypertension, arthritis, osteoporosis, heart disease and even cancer. And if they are presently not, chances are they eventually will at some point in the future, suffer from one or more of these other diseases. Everything is inter-related and health deteriorates due to bad eating habits. In this eBook I will dispel some common myths about food and dieting, we will get the facts straight on fat, protein and carbohydrates. Iâ™ll also discuss the truth about curing gout, the BS that is out there and how oil snake salesmen on the web will sell you lies that can lead you to an early grave. I believe that honesty is always the best policy. Thatâ™s the reason thousands of you keep coming back to my website everyday to read up on gout. They may call it the rich mans disease but I will teach you how to eat like a peasantâ™ The key is not to eat like a king but how to eat more like a peasant. Gout was historically known as âœthe disease of kingsâ • or âœrich manâ™s diseaseâ • and youâ™ll discover in this eBook how to eat right through a tried and tested diet! I know what it's like to wake up one morning with a swollen big toe or a gout attack on any other joint in your body, that cripples you and leaves you hopping around in agonizing pain. I know what itâ™s like to try some remedy you read on some website only to have another gout flare-up within a few months. You've read my blog posts and have learnt a ton of information about gout but now it is time to learn how to eat properly and more importantly what to eat so you can lower your uric acid levels and stop those gout attacks! Once you dig in the eBook Gout and You: The Ultimate Gout Diet and Cookbook and begin implementing the gout diet right away and using the recipes in the eBook, youâ™ll be surprised how easy it is to follow. Using the information in this eBook including the meal ideas, I've helped many gout patients manage their pain while also increasing energy, slowing the aging process, losing weight, and building immunity. I have to admit the gout diet described in the eBook is more of a lifestyle change rather than starving yourself, itâ™s a whole new approach to life too! The truth is that you need to make changes no matter what or else your health will only get much worse. Remember that you are not alone and that more than 8 million Americans suffer from gout

and millions more around the globe. In England 2,5% of the general population suffers from this terrible disease. Despite the statistics, gout can strike anyone, anywhere no matter what the age, genetics, health, ethnicity or lifestyle. Although many people will scorn you and even make fun of your gout (like they did to me!) viewing it as your bad drinking or eating habits, the truth is gout can develop due to genetics, obviously diet, menopause in women, obesity, rapid weight loss and many other causes described on my website and eBook. By eating right and following the gout diet described in this eBook youâ™ll save thousands of dollars from expensive drugs, costly doctor consultation fees and unnecessary surgeries taking your life back! The decision though is yours to make. Not mine. What are you going to do? Learn more about gout on my site!

## **Book Information**

File Size: 3069 KB

Print Length: 168 pages

Simultaneous Device Usage: Unlimited

Publisher: Spiro Koulouris; 1 edition (October 31, 2015)

Publication Date: October 31, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B017FPYPEE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #326,067 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #75

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## **Customer Reviews**

So far so good, it's only been a month since I purchased this book and I am trying to implement as much as I can into my daily regime. The one big surprise is how tasty the recipes are, mainly vegetarian in nature with a few fish and meat dishes thrown in for variety. When I started using the

book I was in the middle of the very worst Gout attack of my life, two weeks of intense pain, hardly able to walk and impossible to drive to work. Indomethacin was hardly making a dent in the pain and swelling and Uloric at \$400 for a months supply (with Insurance ) was a huge burden on my finances, and it wasn't helping. Using the recipes and implementing high alkaline water (Glacéau smart water carbonated) the pain has now almost gone. I can still feel a twinge or two and the swelling is still quite bad but it's a step in the right direction. I don't expect an instant cure and realize that if I truly want this crippling disease to subside I have to make some serious and permanent changes to my life style. I don't drink beer and was a very rare red meat eater so my assumption is that my issue is possibly genetic in nature. I hate taking prescribed medications and believe that with the help of good natural food, alkaline waters and some increased exercise I will at least have this under control soon?

Excellent book and a must have for gout sufferers. There is so many conflicting pieces of information out there advising what to and not what to eat, but everyone is different. This book is written from someone that knows, and is written by a fellow sufferer (not a doctor who has never experienced a gout attack). It's helped me a lot - thank you Spiro for taking your time to put this book together.

I couldn't understand why I was struck with gout period. I keep a very healthy lifestyle and don't fit into some of the causes that were mentioned prior to my daughter's discovery of Spiro Koulouris's book "Gout and You". Upon reading how Thalassemia (a blood disorder, genetically inherited) can cause the rise in uric acid and increase the risk in developing gout, I knew for the very first time why I was affected. I have Thalassemia! Spiro's book has become my go to for information on gout; it's also my food and recipe guide, the recipes are simple and delicious! I'm now aware of the purine count in everything I eat, I know if the count is high, it will also increase my uric acid. So far, I'm clear from taking medication that will compromise my kidney. I feel blessed that my daughter found the book while researching natural cures for me on my second flare-up. Thank you, thank you, thank you my dear Spiro for looking deeper into your gout experience!! Gloria, Victoria BC

This book has been helpful in reinforcing my diet and lifestyle changes. Biggest thing - SUGAR. Just stop eating it. I haven't had a gout attack in 6 months, and my doc was amazed that my uric acid level had gone down substantially. Get the book. You won't regret it.

The book is clear and concise. You do have to listen to what it is telling you and change your lifestyle. I have cooked 10 of the recipes so far, I have been amazed at how tasty they have all been. I have three favourites that get cooked most weeks. Uric acid levels have dropped from 10 to 5.3 in 8 weeks. I have also cut out alcohol from my diet and lost 1st 7lbs by limiting my calorie intake, a steady couple of pounds a week. I think the reviewer who gave one star must of read a different book !!

An excellent book written by someone who actually has Gout and understands a gout sufferers needs. The recipe range is good with many tasty and variety of easy to prepare meals. Highly recommended.

I bought this book a short time after a diagnosis of gout and it helped give me a starting point to understand and manage my symptoms, review my diet and help myself. Would reccomend.

Good book a real eye opener,just hard to stick to

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