

GC® GOUT CARE CLEANSING AND HEALING:

There are a few ways to approach the cleansing and healing of uric acid overload. For some, a 'shock' to the system can get things moving rather quickly and force the healing to take place at a fast pace. For others, this 'shock' can prove to be too much and cause the situation to become worse, before getting better. For this reason, we have outlined some options dependent on your body's ability to heal.

QUICK START METHOD: ONLY if you are under an attack AND:

- You just began experiencing full blown attacks within the last couple of years and they are not very frequent
- If you are not taking other medications for gout or other conditions such as high blood pressure and cholesterol
- If you have not been on any antibiotics for the last 6+ months
- If you do not have any known kidney and liver issues
- If you are 100% dedicated to following our water and food guidelines for this method

GC® GOUT CARE QUICK START INSTRUCTIONS:

- Take two pills with ½ litre of pure filtered water.
- Drink an additional ½ litre of pure filtered water within the next two hours and take one more pill at the end of those two hours.
- Repeat step two, two more times with ½ litre and one pill every two hours for a total of five and 6 liters of water.

We do understand that a single trip to the bathroom while under an attack can be almost impossible let alone several with a lot of water. So if necessary, bring a bathroom to you - the results will be worth the stretch.

The attack can and most likely will worsen if you do not consume the proper intake of water and follow an alkaline healing diet, especially with the extra pills in the "Quick Start." *If you do not provide the now soluble uric acid with an exit from the body, it will find a new place to settle within your body.*

During this time, it is essential to eat only from the alkalic to neutral food selections listed below. Make sure that you are replacing your body with salt and potassium during all this flushing.

Continue with a fresh, alkaline diet (*with plenty of variety and calories*) for the next four to five days. Maintaining your body weight with a good variety of healthy alkaline foods, proteins, and fats, while avoiding all weight loss, is very important during this cleansing stage. Purines are stored in fat, and weight loss will increase uric acid production and retention. Anything less than 1500/2000 calories a day can make your attack worse.

Trying to avoid high temperature cooking methods as much as possible (microwave, grilling, broiling, frying-anything cooked in any oil other than coconut or butter/ghee) and choosing more slow indirect heat (crock pot, rotisserie, steaming, low heat baking, roasting, boiling/simmering) can make a difference in the acidity level of your food. High direct heat can chemically alter our food, making it more acidic, and can strip away most of the nutrients.

DAILY WATER NEEDS– divide your weight in half.

This is how many litres of water you need daily, consumed at a slow but steady pace throughout the day.

E.g If you weigh 90 kgs: Multiply 90 kg x 30 ml = 2.7 litres of water daily (If you exercise multiply your weight by 40 mls or more for your daily requirements). Drinking water should come from a pure source, preferably filtered for purity, and filters replaced according to manufactured suggestions. Optimal drinking water pH is 7.0. Consider a structured water filtration system for the whole house at some point.

Well worth the investment!

Once you have completed the 'day one' instructions detailed above, continue with only 3-4 GC® Gout Care capsules per day. Spread the dosages out through the day and consume the proper water amount for your body weight. After five days, slowly begin to reintroduce some acidic protein sources to balance your mainly alkaline meals. Acidic balance is essential after the restrictive 5 day period, but should only remain around 30% of each meal/snack. Begin with small amounts of boiled chicken and soft boiled eggs before reintroducing other protein sources. The remainder of that meal should comprise of 70% of alkalic food selections (mostly veggies and fresh herbs/spices, some fruits, and some fermented/sour dairy selections).

SLOW START METHOD IS BEST FOR:

- Chronic sufferers that experience frequent attacks, have suffered with gout for many years, and/or have tophi growth(s)
- Are NOT under an attack when beginning our product/program
- Take other prescription meds on a daily basis either for gout or for other health conditions
- Have been on any antibiotics in the last six months without a probiotic replacement therapy in place
- If you are battling an illnesses and major stresses in your life
- If you have any known renal failure and/or liver conditions

GC® GOUT CARE – SLOW START INSTRUCTIONS:

- Begin with one pill a day for one week, gradually working to two pills a day (one every 12 hours) for another week.
- Modify the diet to include fresh, unprocessed food selections, while adhering to the suggested 70/30 pH balanced food ratios. The recipe ideas attached should dramatically assist with delicious ways to eat healthy.
- Consume the proper water amounts for your body weight and activity level and try to avoid all alcohol for at least 30 days.
- Introduce a third pill per day during week 3, so long as you have adjusted the diet and water intake and uric acid cleansing has gone smoothly.
- Continue to refer to all suggestions above for reduced acid cooking methods, food and food source choices, and water needs.

TIPS TO HELP WITH EXISTING PAIN:

- Avoid fast weight loss. Be sure to keep healthy fats and calories in place– avocados, raw nuts, and coconut oil are great sources.
- As the uric acid is being pulled from the affected area it is possible for damaged, “infected” areas are left behind and can keep some swelling and irritation in place. In order to help break the mucous down from the area of swelling, one can find great use in Mucinex. (available in pharmacies) Take 600mg (Guaifenesin ingredient only)– two per day until the swelling subsides.
- Take 200 mls of pure water, ½ tsp of aluminum–free baking soda (Bob Red Mill’s brand), SLOWLY add in a ½ fresh squeezed lemon (use a tall glass– will fizzle). Consume once fizzling has ceased. Use this mixture in the morning and in the evening for a few days, followed by just once in the morning for an additional week.
- Soak any inflamed areas in ice water for 4 minutes, followed by hot water for 1 to 2 minutes, back and fourth for at least 30 minutes, twice a day. Rest the inflamed areas above the heart whenever possible while keeping it warm at all other times, including when in bed with a sock or wrap that is not tight. If your water is chlorinated, be sure to use an ice pack and heating pad instead. Rub a generous amount of castor oil (soothing and healing) on the inflamed areas before bed and wrap well with ace bandage or a warm sock to keep warm overnight.
- Avoid Acetaminophen (found in Tylenol). This ingredient is harsh on the liver and can negatively impact your healing and uric acid excretion. Should a pain reliever be necessary, aim for the use of White Willow Bark and/or Ibuprofen. Use sparingly if possible, only when absolutely necessary.

A LIST OF ACIDIC AND ALKALINE FORMING FOODS

(list drawn from various sources)

The pH scale is from 0 to 14, with numbers below 7 acidic and numbers above 7 alkaline. This chart is intended only as a general guide to alkalizing and acidifying foods.

EXTREMELY ALKALINE FORMING FOODS – pH 8.5 to 9.0
9.0 Lemons 1, Watermelon 2 8.5 Agar Agar 3, Cantaloupe, Cayenne (Capsicum) 4, Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley 5, Seedless grapes (sweet), Watercress, Seaweeds, Asparagus 6, Endive, Kiwifruit, Fresh Unsweetened Fruit juices 7, Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, Fresh Vegetable juices 8

MODERATE ALKALINE – pH 7.5 to 8.0
8.0 Apples (sweet), Apricots, Alfalfa sprouts 9, Arrowroot, flour 10, Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic 11, Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt (vegetable) 12, Spinach 7.5 Apples (sour), Bamboo shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage,

Cauliflower, Carob¹³, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes & skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash ¹⁴, Sweet corn (fresh), Tamari ¹⁵, Turnip, Vinegar (apple cider) ¹⁶

SLIGHTLY ALKALINE TO NEUTRAL – pH 7.0 7.0 Almonds ¹⁷, Artichokes (Jerusalem), Barley–Malt (sweetener–Bronner), Brown Rice Syrup, Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg plant, Honey (raw), Leeks, Miso, Mushrooms, Okra, Olives ripe ¹⁸, Onions, Pickles ¹⁹, (home made), Radish, Sea salt ²⁰, Spices ²¹, Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut Amaranth, Artichoke (globe), Chestnuts (dry roasted), Egg yolks (soft cooked), Essene bread ²², Goat's milk and whey (raw) ²³, Horseradish, Mayonnaise (home made), Millet, Olive oil (not cooked and extra virgin), Quinoa, Rhubarb, Sesame seeds (whole) ²⁴, Sprouted grains ²⁵, Tempeh (ONLY fermented soy products), Tomatoes (less sweet)

ALKALIZING SPICES & SEASONINGS CHILI PEPPER – Cinnamon – Curry – Ginger – Herbs (all) – Miso – Mustard – Himalayan Rock Crystal Salt – Tamari

Alkalizing Other– Alkaline Antioxidant Water – Bee Pollen – Fresh Fruit Juice – Green/Veggie Juices – Lecithin Granules – Mineral Water Molasses, blackstrap – Probiotic Cultures – Soured Dairy Products

ALKALIZING MINERALS– Calcium: pH 12 – Cesium: pH 14 – Magnesium: pH 9 – Potassium: pH 14 – Sodium: pH 14

ALKALINE PRODUCING ACTIVITIES/EMOTIONS: Meditation, Prayer, Peace, Happiness, Kindness, Love
Neutral pH 7.0 – Healthy Body Saliva pH Range is between 6.4 to 6.8 (on your pH test strips) Butter (fresh unsalted), Cream (fresh & raw), Margarine ²⁶, Milk (raw cow's) ²⁷, Whey (cow's), Yogurt (plain)

SLIGHTLY ACID TO NEUTRAL pH 7.0 7.0 Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey–fruit–maple syrup), Cornmeal, Cranberries ³⁰, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk and most dairy products, Molasses (unsulphured organic ³¹, Nutmeg, Mustard, Pistachios, Popcorn & butter (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds(pumpkin & sunflower), Walnuts, Blueberries, Brazil nuts, Butter (salted), Cheeses (mild & crumbly) ²⁸, Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo) ²⁹, Dry coconut, Egg whites, Goats milk, Olives (pickled), Pecans, Plums ³⁰, Prunes ³⁰, Spelt

MODERATE ACID – pH 6.0 to 6.5 6.0 Cigarette tobacco (roll your own), Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice & rye, Cereals (refined), Shellfish, Wheat germ, Whole Wheat foods ³², Wine ³³, Yogurt (sweetened) 6.5 Bananas (green), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Peanuts, Potatoes (with no skins), Popcorn (air–popped not microwave– with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)

EXTREMELY ACID FORMING FOODS – pH 5.0 to 5.5 5.0 Artificial sweeteners 5.5 Beef, Carbonated soft drinks & fizzy drinks ³⁸, Cigarettes (tailor made), Drugs, Flour (white wheat) ³⁹, Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar (white) ⁴⁰, Beer ³⁴, Brown sugar ³⁵, Chicken, Deer, Chocolate, Coffee ³⁶, Custard with white sugar, Jams, Jellies, Liquor ³⁷, Pasta (white), Rabbit, Semolina, Table salt refined & iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed).

ACID PRODUCING ACTIVITIES/EMOTIONS: Overwork, Anger, Fear, Jealousy & Stress

There are several versions of the Acidic and Alkaline Food chart to be found in different books and on the Internet. The following foods are sometimes attributed to the Acidic side of the chart and sometimes to the alkaline side. Remember, you don't need to adhere strictly to the alkaline side of the chart. Just be sure a good percentage of the foods you eat come from that side.

Asparagus - Brazil Nuts - Brussel Sprouts - Buckwheat - Chicken - Corn - Cottage Cheese - Eggs - Flax Seeds Green Tea - Herbal Tea - Honey - Kombucha - Lima Beans - Maple Syrup - Milk - Nuts - Organic Milk (unpasteurized) - Potatoes, white - Pumpkin Seeds - Sauerkraut - Soy Products - Sprouted Seeds - Squashes - Sunflower Seeds - Yogurt

MATCH WITH THE NUMBERS NEXT TO THE FOODS ABOVE FOR ADDED INFORMATION

1. Excellent for EMERGENCY SUPPORT for colds, coughs, sore throats, heartburn, & gastro upsets.
2. Good for a yearly fast. For several days eat whole melon, chew pips well & eat also. Super alkalizing food.
3. Substitute for gelatin, more nourishing.
4. Stimulating, non-irritating body healer. Good for endocrine system.
5. Purifies kidneys.
6. Powerful acid reducer detoxing to produce acid urine temporarily, causing alkalinity for the long term.
7. Natural sugars give alkalinity. Added sugar causes juice to become acid-forming.
8. Depends on vegetable content and sweetness.
9. Enzyme rich, superior digestibility.
10. High calcium content. Corn flour substitute.
11. Elevates acid food 5.0 in alkaline direction.
12. Vegetable content raises alkalinity.
13. Substitute for coca; mineral rich.
14. Winter squash rates 7.5. Butternut & sweeter squash rates 8.0.
15. Genuine fermented for 1½ years otherwise 6.0.
16. Raw unpasteurized is a digestive aid to increase HCL in the stomach- 1 tablespoon, plus stevia, & water before meals.
17. Soak 12 hours, peel skin to eat.
18. Sundried, tree ripened, otherwise 6.0.
19. Using sea-salt and apple cider vinegar.
20. Contains sea minerals. Dried at low temperatures.
21. Range from 7.0 to 8.0.
22. Sprouted grains are more alkaline. Grains chewed well become more alkaline.
23. High sodium to aid digestion.
24. High levels of utilizable calcium. Grind before eating.
25. Alkalinity and digestibility higher.
26. Heating causes fats to harden and become indigestible.
27. High mucous production.
28. Mucous forming and hard to digest.
29. When sprouted dry beans rate 7.0.
30. Contain acid-forming benzoic and quinic acids.
31. Full of iron.
32. Unrefined wheat is more alkaline.
33. High quality red wine, no more than 4 oz. daily to build blood.
34. Good quality, well brewed - up to 5.5. Fast brewed beers drop to 5.0.
35. Most are white sugars with golden syrup added.
36. Organic, fresh ground-up to 5.5.
37. Cheaper brands drop to 5.0, as does over-indulgence.
38. Leaches minerals.
39. Bleached - has no goodness.
40. Poison! Avoid it.

Gout foods to avoid or have in moderation

NB : If you do eat these higher purine based foods (which you can in moderation while taking GC) make sure to follow it up with a double dose of Gout care pills, and extra water for the next day or two to help offset the increased uric acid build up that will follow.

Seafood

Fish and seafood tend to be high in purines and the worst offenders are:

Scallops, sardines, herring, anchovies, mackerel, oysters, lobster, crab and shrimp. Other fish moderately high in purines include tuna, carp, codfish, halibut, perch, salmon, snapper, and trout, and fish.

Beer

Unfortunately beer is a in moderation or avoid drink. Beer contains brewer's yeast which is high in purines and is also a diuretic which flushes water out of the body. Combine the two gout causes and you could be heading for a gout attack. Many gout sufferers complain about gout attacks set off by a night or two of a 'few' beers. For optimum health avoid beer or only drink it in minimal quantities. (Again follow up a few beers with an extra GC pill and extra water to re hydrate and flush out the uric acid build up) Being dehydrated is not good for your body full stop, and if you have gout it is extra bad.

Sugar and sugary products

These fall into the foods to avoid with gout category or as a treat only if you have to. Sugar based and high fructose or corn syrup drinks aren't good for gout sufferers. Cakes, sweets, and baking also fit into this category but can be consumed in minimal quantities.

Red Meat

Meat is high in iron and protein both of which can have an effect on raising uric acid levels.

Meat to avoid of have in moderation (Depending on how bad your gout is) :

Steak, Lamb, pork, bacon, sausages, processed meats, brain, kidney, livers and mincemeats.

Vegetables

Vegetables are obviously good for you as a rule, and should be encouraged but some vegetables are higher in purines than others.

Vegetables higher in purines that fall into the food to avoid with gout or moderation list include : Asparagus, mushrooms, dark leafy green vegetables (due to their higher iron levels), beans, lentils, peas, cauliflower , tofu, and even tomatoes due to their higher acidity and lower ph.

Other foods to avoid or have in moderation include : Consommé, meat gravies, broth, bouillon, fried foods, roasted nuts, and any food cooked in oil (heated oil destroys vitamin E) Cakes, and sugary products, dried fruits, oatmeal, and general yeast style products. Iron and niacin as a rule especially in multi vitamins and sweetbread. cranberries, apricots, and all dried fruits because of acidity and purines.

Breads

If you are an acute sufferer you may require to pay attention to the bread you eat too : Whole grains such as whole wheat breads and many cereals have higher purine content than refined grains. Wheat germ, oatmeal, and bran are all high in purines. Choose refined grain breads (white bread), pasta, and white rice to limit your purine intake. If you want whole grains, limit them to a couple of times per week. It is also thought that whole grain cereals can raise uric acid levels.

NB: As above, everyone is different and foods that set of some peoples gout doesn't set of others. Learn what you can and can't eat, and if you have an issue with a food avoid it. The longer terms consequences might not be worth it.

What are suitable gout diet foods ?

What foods can be natural 'gout remedies' style food.

Some natural gout remedies style foods have been shown to help with some gout symptoms. The following are some foods that are thought to help gout : (gout foods)

Chlorine free filtered water, low fat dairy products, cherries (tart cherries in particular) , fruit, vitamin c supplements and fruits high in vitamin C, E.G Kiwi fruit and oranges. Some reports also show that coffee can aid on lowering uric acid.

Some low purine foods to aid in a good gout diet include:

Butter, bread, cheese of all kinds (remember these are high in fat), chocolate, cocoa, coffee, corn bread, eggs, fats of any kind, fruits of all kinds, fruit juices (not made from corn syrup), gelatin, macaroni, milk, noodles, raw nuts of all kinds, rice, tapioca, tea wheat bread & wheat products.

Vegetables Low in Purines to include in your gout diet

Artichokes, beetroot, greens beans, broccoli, Brussels sprouts. Cabbage (in small quantities , to stop bloating) , carrots, celery, corn, cucumbers, eggplant, endive, kohrabi, lettuce, okra, parsnips, potato, pumpkin, rutabaga, sauerkraut, string beans, summer squash, Swiss chard, turnips, celery , zucchini, squash, baked sweet potatoes, corn on the cob, onions , parsley and watermelon

Tree fruits and berries

Apples Apples, Avocado, RIPE Bananas (need daily for potassium while cleansing), Fresh Coconut, Cherries, Currants, Gooseberries, Dates, Raisins, Fresh Fig, Kiwi, grapefruit, Mango, Papaya, Seedless Grapes, Lemon (Internal use for alkaline and healing power as well as outside on the skin for anti-inflammatory relief), Lime, Oranges, Pears, Pineapples, Blueberries, Raspberries, and Strawberries.

Grains

Brown rice and Fresh or Frozen Corn.

Protein

Raw almonds (nothing cooked in oil) and Walnuts – This is a very important daily purine free protein source during cleansing, but should always be eaten with BROWN RICE.

Brown rice helps to absorb the iron content in the nuts. A combination of brown rice, almonds, and corn provides the same

This is a small snippet of what the information available in the “how to control your gout” booklet we provide.

You can buy it on our website at www.goutcare.co.nz, and is well worth the \$ 4.95 investment. It answers all kind of questions from how much water do I need, what kind of water, how to get off your prescription medicines and still remain gout free. How do I cleanse myself and what is the cleansing diet? What does my body weight and dieting have to do with gout? What other products and foods aid in healing gout and why. It is a wealth of information to controlling your gout once and for all. You won't regret the investment.