



## Top NLO Gout Articles of 2014

by NEWLIFEOUTLOOK TEAM

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### **How Gout Sufferers Can Reduce Tophi**

Reducing tophi really comes down to controlling the disease in its chronic state. This can be achieved in several ways.

### **High Purine Foods & Gout**

Overindulging in high purine foods and alcoholic beverages over the holidays are well known trigger factors for a gout attack.

### **Symptoms of Gout**

Gout occurs suddenly and causes joint pain that is excruciating. Gout can occur in different joints of the body but most often occurs in the big toe.

### **Recipes for Your Gout Diet**

You can still enjoy your meals – despite your gout diet restrictions – because there are plenty of delicious recipes that include gout-friendly ingredients.

### **Preventing and Managing Gout Complications**

There is a number of complications associated with gout, but there is also a number of things you can do to prevent and manage them.

### **Vitamins for Gout**

Vitamin C and pantothenic acid are both important vitamins for converting uric acid, and therefore preventing gout attacks.

### **Do You Drink Enough Water?**

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Water can help to wash away gout crystals from the joints where they create pain, rinsing them out of the body.

### **How to Relieve a Gout Attack**

Pain management is a crucial part of living with gout. Consider these tips for easing the pain of a gout attack.

### **Chronic Gout vs. Acute Gout**

Gout is a form of arthritis characterized by two forms: acute and chronic gout. Acute gout attacks develop suddenly and last short periods of time.

### **Prepare and Protect Against Nighttime Gout Attacks**

There are ways to reduce your risk of nighttime gout attacks, and when they do occur, deal with them quickly so you can get a better sleep.