



Beating Gout: A Sufferers Guide to Living Pain Free

By Victor Konshin

Ayerware Publishing. Paperback. Book Condition: New. Paperback. Beating Gout is the most comprehensive and up-to-date book designed for the gout sufferer. Recent research has shown that up to 78 of doctors do not treat gout properly. Historically, physicians have seen gout as a benign disease, but new research has shown that gout and its underlying cause, hyperuricemia, may cause heart disease, high blood pressure, kidney disease, stroke and other deadly diseases. Beating Gout discusses all of these conditions and what you can do to stop gout attacks forever. Beating Gout sets the record straight on the best and most effective ways to treat gout attacks and manage gout s underlying condition, hyperuricemia. This book covers all aspects of the disease from its progression, diagnosis, treatment, to the latest research on diet and lifestyle choices that affect gout. Over three hundred research articles and texts were reviewed for this book. No other source has more practical, scientifically backed information that gout sufferers can start using immediately to reduce or stop attacks while living a healthier and pain free life. What you will learn: - Learn the latest gout management techniques that can stop gout attacks forever - Learn how to stop...



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