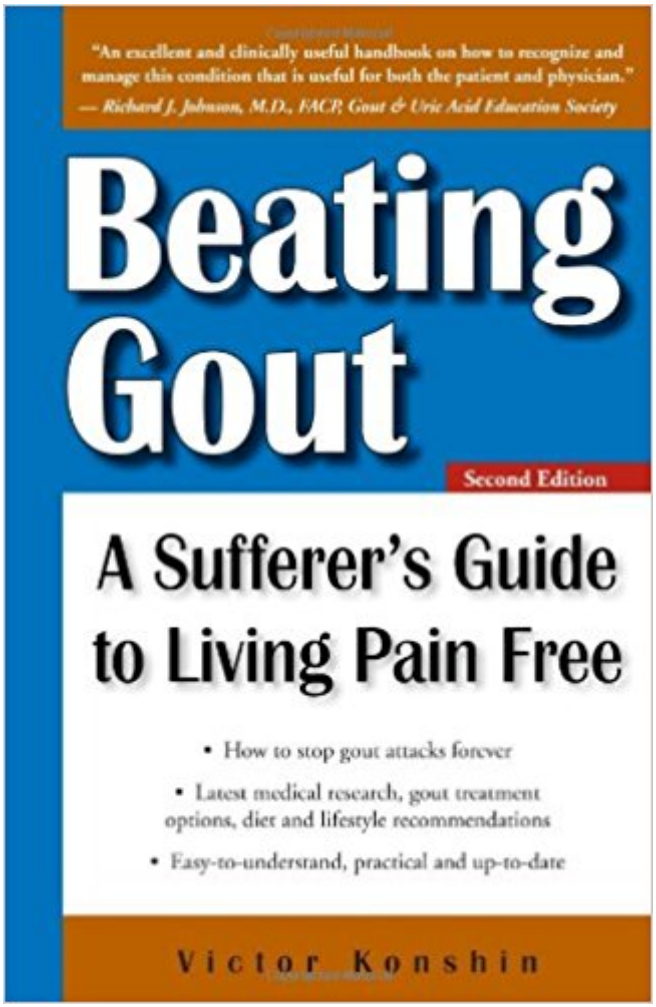
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Beating Gout: A Sufferer's Guide To Living Pain Free



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Synopsis

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. This book sets the record straight on the best and most effective ways to treat gout attacks and manage gout's underlying condition, hyperuricemia. Beating Gout covers all aspects of the disease from its progression, diagnosis, treatment, to the latest research on diet and lifestyle choices that affect gout. Over five 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 gout 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 a gout attack in its tracks * Learn the truth about how diet and lifestyle choices effect gout * Completely based on the latest scientific research, not anecdotes or "secret cures" * Clear and easy to understand * Focuses on practical advice that you can use immediately to improve your gout and your health

Book Information

Paperback: 168 pages

Publisher: Ayerware Publishing; 2nd edition (January 15, 2009)

Language: English

ISBN-10: 0981662463

ISBN-13: 978-0981662466

Product Dimensions: 6 x 1 x 8.8 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 110 customer reviews

Best Sellers Rank: #62,330 in Books (See Top 100 in Books) #32 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

Customer Reviews

"Beating Gout" provides an insider's view to gout, which is a common and painful disease. Victor Konshin provides an excellent and clinically useful handbook on how to recognize and manage this condition that should be useful for both the patient and physician." --Richard J, Johnson, M.D., FACP - Board member of the Gout & Uric Acid Education Society"Fifty years ago, early in the modern era of Rheumatology diagnosing, treating and managing gouty arthritis was the one form that was the most interesting and exciting. Rheumatology knew the cause, could accurately

diagnose gout and had definitive drugs to manage and treat it. Since then it has been lacking new ideas, thoughts and drugs, and good management has waned. This book sets the record straight on the best way to diagnose, treat and manage gout." --Ralph Argen, M.D., FACP, FACR"Gout is largely mismanaged by physicians. Current guidelines have provided a gold standard to improve the quality of gout care. "Beating Gout" will help the suffers to understand the disease and to be involved in their treatment." --Weiya Zhang, M.D., European League Against Rheumatism --This text refers to an out of print or unavailable edition of this title.

"Beating Gout provides an insider’s view to gout, which is a common and painful disease. Victor Konshin provides an excellent and clinically useful handbook on how to recognize and manage this condition that should be useful for both the patient and physician." --Richard J, Johnson, M.D., FACP - Board member of the Gout & Uric Acid Education Society &#34Fifty years ago, early in the modern era of Rheumatology diagnosing, treating and managing gouty arthritis was the one form that was the most interesting and exciting. Rheumatology knew the cause, could accurately diagnose gout and had definitive drugs to manage and treat it. Since then it has been lacking new ideas, thoughts and drugs, and good management has waned. Beating Gout sets the record straight on the best way to diagnose, treat and manage gout.&#34 --Ralph Argen, M.D., FACP, FACR "Gout is largely mismanaged by physicians. Current guidelines have provided a gold standard to improve the quality of gout care. Beating Gout will help the suffers to understand the disease and to be involved in their treatment.&#34 --Weiya Zhang, M.D., European League Against Rheumatism "Packed with useful information that patients suffering from gout should know. Beating Gout is the best resource available for learning how to properly manage gout. I strongly recommend it." -- Elizabeth Hatton, M.D.

Nothing earth shattering. It’s all Internet free info. Disappointed.

I got the book today and read it today. I am brand new to Gout, still recovering from my first prolonged episode. I was so grateful to read this information after getting little from my doctor and conflicting information on the internet. This illness is so bad that I want to be totally armed and ready to prevent/lessen future attacks. This is the book that will have made that possible.The biggest benefit of the book is understanding why inflammation occurs and how to fight back at the very first sign of Gout.

I recently had my first Gout attack. I tried to research the how and whys and what to do to over come the really bad pain and suffering. This book gives you what you need to prepare for whats ahead and how to stop an attack from happening again. It’s the best piece of information that I could find. My Doctor even bought the book to better understand how to stop an attack when one is in the very early stages. I found this to be extremely helpful, with great practical information that anyone can use and understand. Excellent book!

I’ve been suffering from gout for about two years and I’m frustrated that most of the information you find online conflicts each other. Doctor’s don’t give you much information and I was misdiagnosed several times. I can’t take the common drug Allopurinol so I decided the buy the book to gain more information.The book is a compilation of information gathered from different resources. It’s thorough regarding the different treatments and drugs available. What I found most valuable was the food list that listed many foods and their purine contents.***Update - I commented on how the food lists were valuable. One thing I wanted to point out is that there is little information on diet. As an example, the book explains that beer can raise your uric acid and that it is off limits. When you look at the food list it states that beer has 13 grams of purine. When you look at chicken for instance, it has over 100 grams - does this mean that chicken is deadly? Also, I’ve always been told to stay away from red meat but then again, ground beef shows much lower purine than chicken. I’m not debating if the info is correct, but how do you use this information? It’s impossible to completely eliminate purine from your diet - this book doesn’t focus on this.

I found this book to be an excellent guide for me. I refer to it all the time and I use it as a guide when I am purchasing food. I could not put it down for long. I haved used it just like a text book. It is very educational. I really enjoy it.

I found it great for the next level of information beyond the doctor’s brief verbal explanation. For more detail -- say, how seriously to deal with specific foods in my own diet -- there are pages of references (which of course list more references). I picked the Kindle version to get it "now," and found the photos, graphs, and tables readable -- though they are probably better on paper.

Very helpful during a gout attack.

Definitely the book to have if you discover you have, or may have gout. It’s clear and easily

understood by anybody and the information is best of the three books on gout I have read.

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