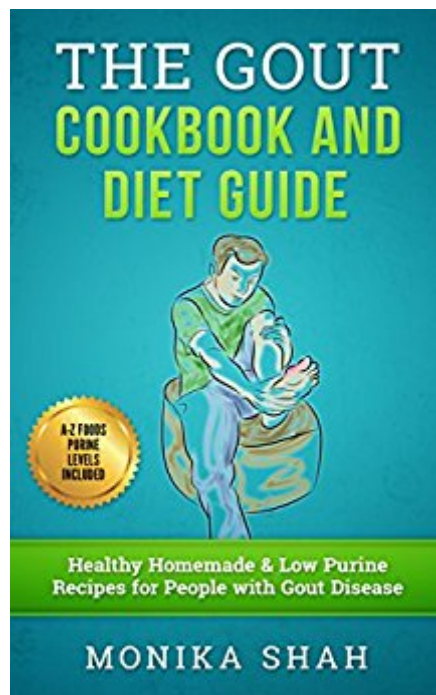


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# Gout Cookbook: 85 Healthy Homemade & Low Purine Recipes For People With Gout (A Complete Gout Diet Guide & Cookbook)



## Synopsis

85 Healthy Homemade & Low Purine Recipes for People with Gout (A Complete Gout Diet Guide & Cookbook). This book has been specifically designed and written for people who have been suffering with Gout and seriously strive to heal and cure it with the help of a healthy, low purine and effective homemade diet. Apart from taking medications prescribed by the doctor, it is extremely important to eat the right and low purine diet to maintain the right purine levels in the body to help reduce Gout attacks. Let's take a closer look on what this book has to offer:

**The Gout Disease Cookbook:** The cookbook has 85 healthy homemade & low purine recipes which are designed especially for people with Gout. The recipes in the book have been designed using very simple ingredients that people use in their kitchen every day or can find in the grocery stores very easily. These recipes are further categorized into Breakfast, Lunch, Dinner, Salads, Dips, Snacks, Drinks and Desserts. The whole purpose of these recipes is to make sure that the person with Gout enjoys life without compromising the taste of the real food. Each recipe in this book has easy to find ingredients and steps with accurate serving sizes. You will find recipes which can be eaten daily or on occasions without even compromising with health a bit.

**The Gout Disease Diet Guide:** The primary focus of this part of the book is to guide you on what kind of diet and foods you must eat if you have Gout. This section comes with a huge list of 224 foods along with their purine levels. These foods have been further categorized into three different lists, Foods highest in Purine, Foods Moderately High in Purine and Foods Lowest in Purine. These organized lists will help you identify the foods that you should be eating and avoiding.

**The Gout Prevention & Cure Guide:** This part of the book not only helps you with the preventive measures but also to heal and cure gout using various tested and proven natural home-based remedies, therapies, oil treatments and other methods. This dedicated part of the book will help you with an effective management of Gout disease and live pain free.

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## Customer Reviews

I had gout few years back and it came back few weeks ago. It's not just a so-so disease, it hurts like hell. Gout was then called a rich man's disease for it was caused by eating stuff only the wealthy people can afford before but now it's not a "status" condition anymore, it is now a commoner's disease. This form of inflammatory arthritis is very painful and can cause excruciating pain, swelling of the joints, and redness in the affected area. This book will walk you through the nuances of the disease. It serves as a guide to help you prevent this condition, explains what gout is, who gets it, what are its symptoms, how it develops in your body, what are the risks associated with the disease, and lots more. This book even reveals recipes you can do on your own for your diet to prevent gout. Best guidebook.

This book is a good source of information to guide you on what kind of diet is best for people who has gout disease. In this book you will see a guide on how to diet properly and what kind of food you need to eat. The author provides a list of healthy recipes for people who has this kind of disease. It is indeed a very informative book and I highly recommend this to everyone.

This book went straight to the point, providing a brief description of gout, causes and foods that trigger or heighten its effects. The book is well organized into separate chapters for recipes for breakfast, lunch and dinner. In addition, there are gout friendly recipes for appetizers, snacks and desserts. The recipes seem to be very tasty and well-explained. I don't have gout problem myself

but I am always interested in expanding my cooking horizons.

My partner suffers from Gout and I have been looking recently into the diet that can help cure it and came across this recipe book. It is a great help and liked the list of foods that you should avoid if you have gout and there are some really useful recipes that you can eat to help. The recipes are well written, easy to follow and most importantly look really tasty. Good useful guide and one I would recommend.

This is a very informative book. I got more from this book than I ever got from my doctor. I recommend this book to anyone that has an inkling that they may have gout. If you catch it early you won't suffer as much. Get a handle on it early you will be doing yourself a great favor. The effects are forever if you ignore them.

This is not a medical book with a magic cure for gout. Instead this is a natural gout remedies cookbook. By changing your diet and eating in the way suggested, using the delicious recipes, it is the author's contention a gout sufferer will experience relief. The recipes seek to decrease inflammation in the body. Even if you don't suffer from this painful disease, changing the way you eat can result in many health benefits. The recipes within this book look delicious and can be eaten by anyone wanting to live a healthier lifestyle.

Those who struggle with this disease are in dire need of directions, directions that can head them to the road of recovery. We all know that our diet can be one of the main influences and causes, so changing your habits through an organized list of foods that can maintain purine levels at a desirable level is a must in this case. Highly recommended.

This book helped me a lot when I had gout. My doctor gave me a list of food I can eat & food not to eat. And he gave me medicine, but this book gave me a list of so many other things I could eat. I'm better now, but I still use this cookbook. Thank you Monika Shah for coming out with this book.

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