



THERAPEUTIC GUIDE

GOUT

Gout is an inflammatory condition of the joints brought on by excess uric acid in the system. Any joint may be affected; however, the knee or foot is usually where gout begins and it has an unusual predilection for the big toe. It is often worse at night and can be extremely painful. Uric acid is a metabolic byproduct of digesting certain foods; therefore, gout is closely related to improper diet. It is usually brought on by the excess consumption of purine-rich foods and/or fructose, but it may be triggered by other things as well such as toxins, pharmaceutical drugs, stress, or injury, to name a few.

Homeopathics

Arthritis HP™- high-potency formula for arthritis, joint inflammation and swelling.**

Hepastat™- homeopathic detoxifier for the liver, indicated for relief of indigestion, flatulence, exhaustion, nausea, and constipation.**

Metabatone™- tonifier for the metabolism, indicated for relief of tiredness, weakness, general fatigue, and weakness of memory.**

* **Rheumatism HP™**- high-potency formula for joint aches and pains, swelling, and gout.**

Rheumatone™- tonifier for persons with joint pain, indicated for relief of pain, swelling, and tenderness throughout the joints.**

* **Varico HP™**- high-potency formula for swelling of veins in legs, hemorrhoids, varicosities, and prolapses.**

Herbals

* **Arthricom™**- fortifier for the joints, supports healthy inflammation response and uric acid metabolism.

Barleycom™- fortifier for the joints and mineral complex, indicated for joint pain, rheumatism, and swelling.

Bayberrycom™- fortifier for the kidneys and herbal diuretic, indicated for gout.

Burdocom™- fortifier for the smooth muscles, skin, and liver, indicated for arthritis, rheumatism, and gout.

Dandecom™- fortifier and detoxifier for the liver, indicated for rheumatism and gout.

* **Environmental Formula**- Rainforest Botanical formula that improves bile production and secretion, eases liver congestion, dispels uric acid, promotes liver and gallbladder health, and enhances the elimination of environmental toxins.

* **Gencom™**- fortifier for the blood, blood purifier, and detoxifier for the general system, indicated for gout.

Hydrangeacom™- fortifier for the biliary tract, gallbladder, and kidneys, indicated for rheumatism, arthritis, and gout.

* **Inflammacom™**- fortifier for the immune system, indicated for inflammation, arthritis, rheumatism, joint aches, and stiffness.

Jambulcom™- fortifier for the pancreas and liver, indicated for gout.

Joint Formula- Rainforest Botanical formula that eases pain and stiffness, inhibits swelling, and encourages pain-free motion.

**Denotes primary remedies*



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Osteocom™- fortifier for the bones and joints, indicated for persons with osteoarthritis and gout.

Solidagocom™- fortifier for the kidneys, indicated for gout and inflammation of the kidney.

Trifolocom™- fortifier for the lymphatic system and spleen, indicated for inflammation, arthritis, and gout.

Nutritionals

B Complex- B vitamin supplement to support overall metabolism.

C-TR 1500- time released vitamin C, an essential nutrient for controlling uric acid in the body.

Digestizyme- digestive enzymes that aid in the breakdown of food.

* **Digestizyme Plus**- digestive and pancreatic enzymes that aid in breakdown of food.

* **Enervimin™ Digestion Focus**- full spectrum vitamin and mineral supplement with a focus on digestive disorders.

* **G.L.A. Borage**- essential fatty acids which help reduce inflammation in the body.

Intact Adrenal- freeze-dried adrenal concentrate for optimal adrenal nourishment and support, indicated for individuals with inflammation.

Marine E.P.A.- essential fatty acids which help reduce inflammation in the body.

Vegetarian Digestizyme- plant sourced digestive enzymes that aid in the breakdown of foods.

Additional Considerations

If appropriate, inform the patient that only raw fruits and vegetables should be consumed to reduce the initial inflammation. Cherries and berries help reduce uric acid levels. Plenty of purified water is recommended. Reduce the consumption of high-purine foods such as red meat, organ meats, anchovies, baker's/brewer's yeast, herring, mackerel, sardines, shellfish, legumes, peas, spinach, asparagus, and mushrooms. Alcohol and excess sugar and fructose should also be avoided as they increase the production of uric acid. Toxicity seems to be contributing to incidences of gout. See the Detoxification section of this guide.

**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

**Denotes primary remedies*