

Joint Pain, Gout, Acid Reflux and Food

It is very difficult to give an universal diet advices for all patients at the same time. Whether certain diet is a good one very much depends on everybody's condition. There is really no good food or bad food, it depends on what is good or bad for you as an individual. One person's medicine is another person's poison. One type of food maybe good for some people but not for the others. With that being said, here is a couple of things that I would like to mention.

As the weather gets cooler, a lot more people are with joint pain. One common cause of acid reflux, joint pain and gout is too much acid in the body. These acid could come from the following dietary sources 1). consuming too much refined sugar or artificial sweeteners, 2). undigested vitamins, supplements, 3). eating or drinking unnatural acids such as products containing refined carbohydrates, bleached wheat flour as an example, 3). eating too late, 4). over eating.

Natural foods grow with a whole package of nutrients. They not only provide us with the nutrients which are needed for our body, they also provide other ingredients for us to digest the nutrients. Take orange for an example, it contains a lot of Vitamin C which we need, and it also contain lots of fiber to clean the old nutrition in the body out. However, at present time, when human process natural substances to make supplements, we remove all the other things that meant for us to get with those nutrients including cleansing agents to remove the old ones. These "pure" nutrients may or may not be digested by your body. When they are not digested by your body, they become an extra burden of your kidney and liver. If they stay in the stomach, they cause acid reflux; when they move to joints, they causes joint pain. When they store in the muscles, you gain weight. It is wiser to spend your money on local grown natural foods than buying nutrients that could become a burden. How do you know whether you actually absorbed the nutrients? You can see from your urine color. If you take vitamin C, your urine immediately turns orange, then you just flushed your money down the drain.

Same logic goes with eating too late, over eating or drinking a lot of coffee and soda. When you eats too late, the food just sits in your stomach and rots all night. During the day, the liver produces acid and bile to help with the digestion. At night, the liver is supposed to stop the acid production so it can do more important job of helping your body regenerate. To digest the food or nutrients you eat late or eat too much, the liver will have to over produce acid in an effort to catch up with the digestion, so it can perform its function of regeneration. The over produced acid combined with pressure from the rotting food put too much pressure back up into the esophagus, creating much of the acid reflux.

Generally speaking, if you maintain a balanced diet with foods of different flavors, they should have intake enough nutrients. If you still have problem when you are maintaing a balanced diet,

this means that something could be wrong with your digest system. You then need to seek treatment for this problem in stead of taking more supplements.

Gout: Increased level of purine in the body can raise the level of uric acid in the blood. Gout result from the uric acid crystals which accumulate in joints. Therefore people with gout should avoid foods that are high in purine, such as shellfish (crab, lobster, shrimp, oysters, caviar, mussels) and animal organs (liver, gizzard, kidney, chitlins) and other foods include sardines , anchovies, meat bullion, and broths. Avoid coffee, dairy, white refined sugar, and other substitutes (Equal, Stevia, Sweet n Low, Splenda etc) which are acids that put the kidneys under extra pressure to eliminate the excess acid in the body. Most importantly, avoid alcohol which often is the catalyst to induce gout symptoms.