



Purines and Gout

Gout is caused by needle-sharp crystals of uric acid in our joints. Uric acid comes from the breakdown of purines, which are the breakdown product of genetic material—DNA, the foundation of all life. It was long thought that people with gout just needed to stay away from all high-purine foods, whether from animals, like organ meats, or plants, like beans, but this strategy proved ineffective. Yes, all uric acid comes from the breakdown of purines, so limiting meat makes sense, but plant sources “have largely been exonerated.”

Alcohol intake is “strongly associated with an increased risk of gout.” An increased risk of gout with higher meat consumption or seafood consumption, has been established, but not with higher consumption of purine-rich plant foods.

Vegetarian gout sufferers are specifically told to stay away from—mushrooms, peas, beans, lentils, and cauliflower—but actually they are found to be protective. This may be because foods rich in fiber, folate, and vitamin C appear to protect against uric acid buildup and gout. Fiber, for example, has been recognized as having a potential role in binding uric acid in the gut for excretion.

By changing the pH of our urine, we can change uric acid clearance. Eating an alkaline diet, which is a vegetarian diet has been found to be effective for removing uric acid from the body. Those eating the alkaline diet excreted significantly more uric acid than those eating the acidic diet. As such, uric acid levels in the blood of those eating the acid-forming diet rose within days.

Researchers took ten men to study the build-up of uric acid in their kidneys, kept them on a standard Western diet for five days, and measured their relative supersaturation for uric acid. Then, they tried a vegetarian diet for five days. The result? Within days, the intake of the vegetarian diet led to a 93 percent decline in the risk of uric acid crystallization.

Not all animal foods increase gout risk, though. Low-fat dairy products were found to be protective. Given that, we would predict vegans to be at a disadvantage, which is indeed what was found, but in saying that, all groups tested—meat eaters, fish eaters, vegetarians, and vegans—were still within the normal range of around 3.5 to 7.

The bottom line is that those suffering with gout make the effort to reduce the risk of gout without the use of drug treatments through modification of diet, or medication is the other option which can be toxic to the body.

—Michael Greger M.D. FACLM, September 6, 2018

“Meat is not essential to health or strength; had it been, it would have been included in the original diet for man at his creation.”

—E G White

healthbites

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Super Healthy Plant Based Diet vs. Diabetes

nutritionfacts.org, Sept. 18, 2018

By starving people enough, you can reverse diabetes, but instead of starving oneself by eating less food, what if we just ate better food? What if we ate a diet that emphasizes all-you-can-eat greens, lots of vegetables, beans, nuts, seeds, and some whole grains, and is at least 90 percent plant-based?

A group of diabetics was put on a controlled heavy plant-based diet and started off with a hemoglobin A1C level between 6-12. After starting the program, they consistently dropped and after seven months were between 5.8 to 8.2. The majority dropped to normal, even after dropping most of the medications.

How Bariatric Surgery Reverses Diabetes

nutritionfacts.org, Sept 13, 2018

Staying with diabetes, Bariatric surgery has been claimed to be one of the most successful treatments for diabetes accompanying morbid obesity, with long-term remission rates of 83% reported. It has been claimed that the success has been a possible change in digestion hormones, but this supposition ignores that patients are placed on a severely limited diet for a week or two after the operation just to recover from surgery. Severe caloric restriction alone can improve diabetes. Is it the diet or the surgery? Trials were done with diet alone and it was found that the diabetes improved rapidly on the surgery diet, in fact the improvement in blood sugar control was better on the diet alone than after surgery.

Educate and Teach

—God's Nutritionist p.56 in reference to The Lancet, May 3, 2003, Volume 361, p.1448

Eating a diet rich in plant foods, in the form of fruits, vegetables and whole-grain cereals, probably remains the best option for reducing the risk of colon cancer, and for more general health protection.

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Fennel Seeds for Nitrate Boost

Fennel seeds are often used as mouth fresheners after a meal in both the Indian sub-continent and around the world. You'll typically see a bowl of fennel seeds, sometimes candy-coated, as you walk out of Indian restaurants. When you chew them, you can get a significant bump in nitric oxide production, which has the predictable vasodilatory effect of opening up blood vessels. This makes them a cheap and easy way to carry a lightweight, nonperishable source of nitrates. Researchers singled out mountaineers, thinking chewing fennel seeds could help maintain oxygen levels at high altitudes and help prevent HAPE—high altitude pulmonary edema—which is one of the leading killers of mountain climbers once you get more than a mile and a half or so over sea level.



"Fennel has also shown antihirsutism activity," combating excessive hair growth in women, the so-called bearded woman syndrome. Indeed, applying a little fennel seed cream can significantly reduce it.

If fennel seeds have such a strong hormonal effect, should we be worried about chewing them? There have been cases reported of premature breast development among young girls drinking fennel seed tea a couple times a day for several months. Their estrogen levels were elevated, but, after stopping the tea, their chests and hormone levels went back to normal.

Current guidelines recommend against prolonged use in vulnerable groups—children under 12 and pregnant and breast-feeding women—and perhaps your pet rat, as rodents metabolize a compound in fennel called estragole into a carcinogen, but our cells appear able to detoxify it. — Taken from Michael Greger M.D. FACLM, September 11, 2018

Vitamin B12

Methylcobalamin (Methyl B-12) is better absorbed and retained than other forms of B12 (e.g., cyanocobalamin). Methyl B-12 protects nerve tissue and brain cells, promotes better sleep and reduces toxic homocysteine to the essential amino acid methionine. Also, vegetarians/vegans typically require B12 supplementation.

The Superior form of B12: Methylcobalamin

Nice Cherry flavour

Support Brain Cells & Nerve Tissue

60 Lozenges

Suitable for vegans/vegetarians



Free Of: Wheat, gluten, soybeans, dairy, egg, fish/shellfish, peanuts/tree nuts.

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Recipe - Broccoli and Red Capsicum

- 2T oil
- 6 cloves garlic, crushed
- 1½ t ginger, finely grated
- 1½ t soy sauce
- 1½ t tomato sauce or tomato paste
- 2T fresh coriander, chopped (opt)
- 1 large head broccoli cut into medium florets
- 1 red capsicum, chopped
- 1 t salt

Saute garlic and ginger. Add soy sauce and tomato sauce. Cook sauce for a few seconds on low heat. Add coriander, broccoli and capsicum. Stir fry for 5 min or until tender. Salt to taste.

