

## Coping with Gout (2nd Revised edition)



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### ***Reviews***

*These types of publication is the ideal ebook readily available. It can be loaded with wisdom and knowledge Its been developed in an extremely simple way and it is just following i finished reading through this publication in which actually altered me, affect the way i believe.*




*(Ms. Lura Jenkins)*

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SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Coping with Gout (2nd Revised edition), Christine Craggs-Hinton, Gout is on the increase, particularly among women, where studies have found that the incidence has doubled in the past 20 years. Associated with increasing age, obesity, high blood pressure, and alcohol use, gout is a disabling type of arthritis which, if not treated, can lead to long-term pain and damage. Medications can help, as can self-help, particularly in the realms of weight loss and diet. This book looks at the latest research on what to eat and what to avoid, as well as which supplements may help.

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