

## Coping with Gout (2nd Revised edition)



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### ***Reviews***

*A whole new eBook with a brand new point of view. It is definitely simplistic but shocks in the 50 percent of the publication. I am just pleased to explain how this is the greatest ebook i have read during my very own daily life and could be he best ebook for possibly.  
(Mitchell Kuhn III)*

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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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