

Gout: Not a Lifelong Condition!

痛风: 不是终生 疾病!



At some point in our lives, we would have heard the term “gout” whether through conversation or personal experience. Gout is a chronic condition that can affect anyone. Although it can be a very painful condition, it can actually be easily prevented or even reversed. Before we explore that, let us go through everything we need to know about gout!

What is Gout?

Gout is a common and complex form of arthritis that is characterized by sudden, severe attacks of pain, swelling, redness, and tenderness in one or more joints, most often in the big toe. Symptoms of gout include:

- Intense joint pain
- Lingering discomfort
- Inflammation and redness
- Limited range of motion

Gout is caused by an accumulation of urate crystals in the joints. These crystals are formed when there are high levels of uric acid in the blood, and can cause the inflammation and pain of gout attacks. Uric acid is produced when the body breaks down purines, which are substances found naturally in the body and also in foods such as red meats, organ meats, and certain seafoods. Alcoholic beverages and sweet drinks also promote high levels of uric acid in the body.

Uric acid is normally dissolved in the blood and excreted through the kidneys. However, when the body produces too much uric acid or when the kidneys excrete too little uric acid, the uric acid can build up to form sharp urate crystals in joints, causing gout.

Risk Factors of Gout

- Diet high in red meat, shellfish, alcohol, or sweet drinks.
- Being overweight can cause a higher production of uric acid.
- Medical conditions such as high blood pressure, diabetes, or kidney disease.
- Family history of gout.
- Age and sex—gout is more common in men and women after menopause.
- Certain medications such as low-dose aspirin or hypertension medication can increase uric acid levels.

在我们生命中的某个时刻，无论是通过交谈还是个人经历，我们都会接触到“痛风”这个词。痛风是一种可以发生在任何人身上的慢性疾病。痛风发作是非常痛苦的，但它实际上是很容易预防甚至逆转的。在我们进一步探索之前，让我们了解更多关于痛风!

什么是痛风?

痛风是一种常见而复杂的关节炎，其特征是一个或多个关节突然出现严重的疼痛、肿胀、发红和压痛，最常发生在大脚趾。痛风的症状包括:

- 剧烈的关节疼痛
- 持续的不适感
- 发炎和泛红
- 关节活动度受限

人体在分解嘌呤（人体内天然存在的物质）时会产生尿酸。当血液中尿酸水平较高时，就可能形成尿酸结晶。如果尿酸盐晶体积聚在关节，就会引起痛风。嘌呤也存在于一些食物之中，包括红肉、内脏（如肝脏）。富含嘌呤的海鲜包括凤尾鱼、沙丁鱼、贻贝、扇贝、鲭鱼和金枪鱼。酒精饮料（特别是啤酒）和含水果糖（果糖）的饮料也会使尿酸水平升高。

在正常的情况下，尿酸通常可溶于血液，并通过肾脏排进尿液。但有时，人体会产生过多的尿酸或肾脏排出的尿酸过少。在这种情况下，尿酸就可能积聚在关节或周围组织，形成锋利的针状尿酸结晶，引起疼痛、炎症和肿胀，导致痛风。

风险因素

- 饮食高红肉，贝类，酒精，或甜饮料。
- 超重者的身体会产生更多尿酸，让肾脏更难消除尿酸。
- 医疗状况。某些疾病和状况会增加出现痛风的风险。其中包括未经治疗的高血压和慢性状况，如糖尿病和肾脏疾病。
- 痛风家族史。
- 年龄及性别。痛风多发于男性和停经后的女性。
- 某些药物。低剂量阿司匹林以及一些降血压药物也可能使尿酸水平升高。

Treatment

Medical treatment for gout normally involves non-steroidal anti-inflammatory drugs (NSAIDs) and painkillers if the pain is too intense. Steroids may be used to lessen the pain and swelling for more severe cases. Unfortunately, there is no long-term medical "cure" for gout, and many people experience multiple gout attacks if the root causes are not addressed.

What is the best way to manage or reverse gout?

1. Lifestyle & Dietary Changes

The best way to treat gout is through lifestyle and dietary changes. These can not only help to lower the intensity of gout attacks, but can even help to prevent or reverse the condition totally.

The best way to start is to cut down or eliminate foods that promote high uric acid levels such as red meats, organ meats, shellfish, alcohol, and sweet drinks. Next, one should increase consumption of fresh fruit and vegetables as much as possible both whole and in the form of cold-pressed juices.

2. Health Foods That Are Helpful for Gout

- **Apple Cider Vinegar** is one of the best long-term remedies for gout as it helps to address many of the risk factors of gout. It also promotes a healthier, more alkaline pH level in the body, which can positively impact those with gout. We recommend consuming 4 teaspoons of Apple Cider Vinegar as a daily remedy for preventing gout attacks.
- **Flaxseed Oil** has been proven to help reduce joint inflammation and pain, and can be consumed orally or rubbed topically on the swollen joints. Studies have shown that flaxseed oil can also help to reduce uric acid levels in the body. It is helpful for reducing inflammation while improving kidney health and should be taken daily by anyone who has gout.
- **Liverin** contains both milk thistle extract and celery seed extract, which are beneficial for reducing uric acid levels while promoting the health of the liver and kidneys.
- **C Complex**—a study by The American Journal of Clinical Nutrition showed that people who took 500mg of vitamin C versus a placebo daily had a 12% reduced risk of gout attacks. Vitamin C is important for both reducing inflammation in the body and improving joint health.

3. Dr. Lynn's Detoxification & Rejuvenation Programme (DRP) is a quick way to jump-start your body's natural detoxification abilities to help it combat chronic conditions such as gout. On the following page are some testimonials from people with gout who have gone through the DRP and followed our recommended maintenance programme.

治疗

痛风的医学治疗通常包括非甾体抗炎药 (NSAIDs) 和止痛药。在更严重的情况下，医生会开类固醇来减轻疼痛和肿胀。不幸的是，痛风没有长期的医学“治疗”，许多人经历多次痛风发作，如果根本原因没有解决。

什么是最好的方法来管理或逆转痛风？

1. 生活方式和饮食习惯的改变

治疗痛风的最好方式是通过改变生活习惯和饮食。这些不仅有助于降低痛风发作的严重度，甚至可以帮助完全预防或逆转这种情况。

最好的方法是减少或不吃那些导致高尿酸水平的食物，如红肉、器官肉、贝类、酒精和甜饮料。此外，应该尽可能多吃新鲜水果和蔬菜，不管是整个的还是冷榨蔬果汁的形式。

2. 对痛风有帮助的健康食品

- **苹果醋**是治疗痛风最好的长期食疗之一，因为它有助于解决痛风的许多风险因素。它还能促进身体更健康，更碱性的pH值水平，这可以积极地影响痛风患者。我们建议每天食用4茶匙的苹果醋来预防痛风发作。
- **亚麻籽油**已被证明有助于减轻关节炎症和疼痛，可以口服或局部揉擦按摩肿胀的关节。研究表明，亚麻籽油还可以帮助降低体内尿酸水平。它有助于减少炎症，同时改善肾脏健康，任何有痛风的人都应该每天服用。
- **肝脏宝**含有水飞蓟提取物和芹菜籽提取物，有助于降低尿酸水平，促进肝脏和肾脏的健康。
- **维生素C复合物**——《美国临床营养学杂志》的一项研究表明，与安慰剂相比，每天服用500毫克维生素C的人患痛风的风险降低12%。维生素C对减少体内炎症和改善关节健康都很重要。

3. 陈林希珠博士的排毒和复健计划(DRP)是一个快速启动身体自然排毒能力的养生法，帮助身体对抗慢性疾病，如痛风。事实上，DRP是治疗和预防痛风发作最有效的方法。到目前为止，我们有100%的成功率。下一页是一些痛风患者的见证，分享他们是如何通过DRP和我们的健康计划康复的。



TESTIMONIALS | 见证分享

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I have suffered from gout for more than 18 years... The pain was so unbearable that I had to swallow many painkillers to relieve it. I sought advice from my colleague, who himself has been healed from backaches, constipation, insomnia and high blood pressure because of NewLife™'s programmes. I went ahead with the DRP for 7-days followed by castor oil enema and NewLife™'s Health-Building Programme (NHBP) diligently.

The results are fantastic! The gout is totally gone! My blood pressure is back to normal and my bodyweight has dropped from 85kg to 73kg. I am still following the NHBP and I am feeling really good!

我患痛风已经超过18年了……疼痛难以忍受，我不得不吞下很多止痛药来缓解。我向我的同事寻求建议，因为他自己通过新生命健康计划康复了，不再有背痛、便秘、失眠和高血压。我坚持了7天的DRP，然后接着做蓖麻油灌肠和新生命的健康建设计划。

结果非常棒！痛风完全消失了！我的血压恢复正常，体重从85公斤下降到73公斤。我仍然在遵循新生命的健康建设计划，我感觉真的很好！

- Mr. Clarence T Moncigil 曼其乔尔先生

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For 14 years, I suffered from serious gout problems. Every day I had to take medications to ease the pain and control the gout, and yet it did not help at all! The problem was so serious that my legs were swollen. For 2 years, I could not wear shoes. After doing Dr. Lynn Tan's DRP followed by NewLife™'s Health-Building Programme, the swollen parts of my legs healed.

14年来，我一直患有严重的痛风病。每天我都得吃药来缓解疼痛，控制痛风，但一点都没用！病情严重，我的脚都肿了。整整两年，我都不能穿鞋。在做了陈林希珠博士的DRP和新生命的健康建设计划后，我脚肿的部分痊愈了。

- Mr. Hedwing Goliun 贺云先生

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I suffered from gout for more than 15 years. Whenever gout attacked, I had to take medications to ease the pain. I tried to control it by taking painkillers and colchicine but all of these could not help. I searched around for ways to solve my problems to no avail. Eventually my younger sister whose daughter was healed through NewLife™ advised me to take up Dr. Lynn Tan's DRP which I immediately followed for 3 weeks.

With the help of the DRP, the swollen and painful parts of my legs healed and gout was completely gone. I also lost 5kg, feel healthier and am able to work more efficiently. Thank you, Dr. Lynn Tan, who has brought "new life" to me!

我患痛风已经超过15年了。每当痛风发作时，我就得吃药来缓解疼痛。我试图通过服用止痛药和秋水仙碱来控制它，但所有这些都没有帮助。我四处寻找解决问题的方法，但毫无用处。最终，我的妹妹（她的女儿通过新生命痊愈了）建议我接受陈林希珠博士的DRP，我立即遵循了3周。

在DRP的帮助下，我脚上肿胀和疼痛的部分愈合了，痛风也完全消失了。我还瘦了5公斤，感觉更健康了，工作效率也提高了。谢谢陈林博士，给我带来了“新生命”！

- Mr. Christopher Lakasa 拉卡萨先生

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CONCLUSION

The pursuit of a balanced and healthy lifestyle does not have to be hard; it is a decision that is vital and one that needs to come from within. Many of today's illnesses are preventable with early intervention. Contact us today at info@newlife.com.my to find out how you can prevent or reverse your chronic conditions naturally!

结论
追求平衡健康的生活方式并不困难；这是一个至关重要的决定，需要来自内心。今天的许多疾病通过早期干预是可以预防的。今天就通过info@newlife.com.my联系我们，了解如何自然地预防或逆转慢性疾病！