

# Beating Gout

## 战胜痛风



Gout hits hard—one of the most excruciating forms of arthritis anyone can face. It is joint inflammation triggered by elevated uric acid levels, forming sharp crystals that deposit in joints. Attacks often strike suddenly, typically at night, delivering intense, unrelenting pain without warning.

痛风是一种临床表现剧烈的炎症性关节炎病，属于最严重的关节炎类型之一。它是由尿酸水平升高（即高尿酸血症）导致单钠尿酸盐晶体在关节及周围组织中沉积，进而引发急性炎症反应。典型发作常突然出现，多发生于夜间，表现为受累关节突发剧烈、持续性疼痛，常无先兆。



## What Causes Gout? 痛风的病因与发病机制

Your body naturally produces purines, and you get more from certain foods. When purines break down, uric acid emerges as a byproduct. Kidneys normally filter and excrete it via urine but when levels get too high (hyperuricemia), uric acid forms sharp, needle-like crystals that deposit in joints. These crystals trigger intense inflammation, leading to sudden attacks of severe pain, swelling, redness and heat—often starting in the big toe, but it can hit knees, ankles or other joints too.

Attacks (flares) come on fast, peak quickly, and can last days to weeks. Between flares, you might feel fine. Over time, untreated gout can cause lumps (tophi), joint damage, or kidney issues.

Predisposition plays a significant role here. Heritability of serum uric acid levels reaches up to 73%, with variants in genes strongly influencing risk. If family members have gout, your odds rise sharply—it's not just diet or lifestyle. However, the right diet and lifestyle can play a significant role in the prevention and management of this condition.

人体自然会产生嘌呤，某些食物中也含有嘌呤。嘌呤经代谢分解后生成尿酸，正常情况下由肾脏滤过并以尿液形式排出体外。当尿酸生成过多或排泄减少时，可导致尿酸浓度升高，形成针状单钠尿酸盐结晶，并沉积于关节腔、滑膜或软组织中。这些结晶诱发显著的局部炎症反应，表现为急性关节红、肿、热、痛，常见首发部位为第一跖趾关节（即足痛风），亦可累及膝盖、脚踝或其他关节。

急性发作通常进展迅速，症状在数小时内达峰，未经干预可持续数日至数周。发作间期患者可无明显症状。若长期未予规范管理，可能导致慢性并发症，包括痛风石形成、进行性关节破坏以及肾功能损害。

遗传因素在痛风发病中具有重要作用。研究表明，血清尿酸水平的遗传度可达73%，特定基因变异显著影响尿酸转运与代谢，从而增加个体患病风险。家族史阳性者患病概率显著升高，提示该病不仅与饮食和生活方式相关，更具有明确的遗传易感基础。然而，合理的膳食结构与健康的生活方式在疾病预防与控制中仍发挥关键作用。

## Why Is Gout on the Rise? 痛风病率为何日益增多?

Key drivers:  
主要驱动因素包括：

### 1 Lifestyle and diet 生活方式与饮食结构

Modern diets—high in red meat, seafood, sugary drinks (fructose), and alcohol (especially beer)—boosts uric acid production. Processed foods and obesity add fuel.

现代饮食模式中红肉、海鲜、含糖饮料（尤其是富含果糖的饮品）及酒精（特别是啤酒）摄入增加，促进尿酸生成；同时，高加工食品消费与久坐行为为进一步加剧代谢紊乱。

### 3 Aging population 人口老龄化

Gout hits harder with age; longer lifespans mean more cases.

随着平均寿命延长，高龄人群比例上升，而年龄本身是痛风发病的重要独立危险因素。

### 2 Obesity epidemic 肥胖流行

Extra weight increases uric acid output and strains kidneys. A high BMI is now a top risk factor, linked to metabolic issues like diabetes and hypertension.

超重与肥胖不仅增加尿酸合成，还降低肾脏排泄能力，且常伴胰岛素抵抗、高血压和2型糖尿病等代谢综合征表现，构成多重风险叠加。

### 4 Predisposition 遗传易感性与环境因素交互作用

Strong hereditary component (genes like SLC2A9 affect uric acid handling), amplified by poor habits.

尽管存在强遗传背景，但不良生活习惯可显著放大基因风险，导致早发性痛风病例增多。

It is now appearing at **younger ages**, with **rising cases among teenagers and adults in their 20s and 30s**, largely due to junk food consumption and physical inactivity.

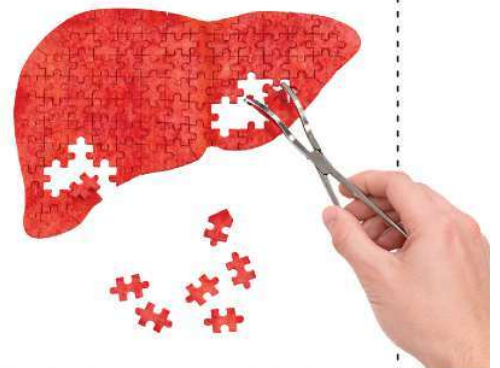
值得注意的是，**痛风正呈现年轻化趋势，在青少年及20至30岁人群中发病率逐年上升**，主要归因于不健康的饮食习惯和缺乏运动。



## The Liver-Gout Connection 肝脏与痛风的关联

The liver plays a central role in gout since it's the primary site for uric acid production from purine breakdown. Impaired liver function can disrupt this process, leading to higher uric acid levels. Recent studies (up to 2025) confirm a strong bidirectional link: hyperuricemia and gout often coexist with liver issues, particularly metabolic dysfunction-associated steatotic liver disease (MASLD, formerly NAFLD).

肝脏是嘌呤代谢和尿酸生成的主要器官，在尿酸稳态调节中起核心作用。肝功能异常可干扰嘌呤代谢通路，导致尿酸生成增多。最新研究（截至2025年）表明，高尿酸血症及痛风与肝脏疾病之间存在双向关联，尤其与代谢功能障碍相关脂肪性肝病（MASLD，原称非酒精性脂肪性肝病，NAFLD）密切相关，二者常共存并相互促进疾病进展。



## Symptoms of Gout 痛风症状

Gout can strike any joint—the big toe most classically (podagra), but also ankles, knees, wrists and fingers. Attacks build rapidly, peaking in hours, lasting days to weeks.

痛风可累及全身多个关节，典型表现为第一跖趾关节急性炎症（足痛风），但也可能发生在脚踝、膝盖、手腕、手指及其他小关节。发作特征为起病急骤，症状在数小时内迅速加重，持续时间通常为数天至数周。



### Classic signs 典型症状

- **Limited movement**  
关节活动受限，影响日常功能

- **Swelling, redness, warmth**  
局部明显肿胀、皮肤发红及皮温升高

- **Tenderness (even clothes feel unbearable)**  
极度触痛，轻微接触（如衣物摩擦）即可引发剧痛

- **Sudden, severe joint pain**  
突发性重度关节疼痛

## Is Gout Dangerous?

Absolutely—far beyond temporary pain. In fact, gout, if left untreated, can cause further health problems.

Uric acid crystals may gather in the urinary tract and develop into large kidney stones, which can obstruct the flow of urine and interfere with kidney function. This may eventually lead to kidney disease or kidney failure, which is a life-threatening condition.

Another complication that can develop from gout is tophi. Tophi are lumps formed at the surface of the joints or under the skin due to the build-up of uric acid crystals. They can form in numerous locations in the body, most commonly in the toes, knees, elbows, ears, fingers and heels. Even though they are not painful, they can become inflamed and damage the joint tissues. In time, this causes permanent joint deterioration and immobility.

Hyperuricemia is linked to an increased risk of cardiovascular disease, including heart disease and stroke. Gout patients face elevated mortality from these complications.

## 痛风的危害性

痛风并非仅限于短暂性关节症状，若未及时干预，可能引发多种严重并发症，对全身健康构成长期威胁。

泌尿系统方面，尿酸盐结晶可在肾盂、输尿管或膀胱沉积，形成尿酸性肾结石，造成尿路梗阻，损害肾功能，最终可能导致慢性肾脏病甚至终末期肾衰竭，危及生命。

此外，长期高尿酸血症可致尿酸盐在皮下、关节周围或耳廓等部位沉积，形成痛风石。它们可在身体的多个部位形成，最常见于脚趾、膝盖、肘部、耳朵、手指和脚跟。虽然痛风石初期可能无痛，但在继发炎症时可引起疼痛，并侵蚀软骨与骨组织，导致关节结构破坏、畸形及功能丧失。

流行病学研究证实，高尿酸血症与心血管疾病风险显著相关，包括冠心病、心力衰竭和脑卒中。痛风患者因合并上述慢性疾病的死亡率高于一般人群。

## Is It Possible to Prevent Gout? 痛风的预防策略

The only way to prevent gout is through diet and lifestyle changes with nutritional support. (For more information on the right diet, please refer to 'Eating & Digesting for Gout Relief on page 14). Below is some advice on the right lifestyle:

目前，预防痛风的有效手段主要包括生活方式干预与营养支持相结合的方式。（有关饮食管理的具体建议，请参阅第14页“饮食与消化在缓解痛风中的作用”相关内容。）以下为推荐的生活方式调整措施：

### Keep a healthy bodyweight 维持健康体重



Keep a healthy bodyweight. Losing extra weight can decrease uric acid levels in the body. It is important to lose weight gradually with a balanced diet and exercise.

Rapid weight loss or crash diets can bring adverse effects as they elevate uric acid levels and may lead to gout attacks.

维持健康体重：超重或肥胖者减轻体重有助于降低血尿酸水平。建议通过均衡膳食与规律运动实现渐进式减重，避免快速减重或极端节食，因其可能导致细胞分解加速，释放大嘌呤，反而诱发尿酸升高及急性发作。

Instead of vigorous workouts that may put an unhealthy strain on your joints, exercise on the NewLife™ Rebounder. Rebounding is a low-impact exercise that is excellent for weight loss and to reduce the risk of gout. Unlike other exercises on hard surfaces, rebounding does not cause hard impacts on the joints, thus minimising any joint aggravation. Other benefits of rebounding include body detoxification, lymphatic drainage and blood oxygenation.

推荐选择低冲击性有氧运动，如使用新生命弹力跳床进行弹力跳。此类运动对关节负荷小，适合痛风患者长期坚持，有利于体重控制并降低发病风险。相较于硬质地面上的高强度运动，弹力跳能有效减少关节机械应力，降低损伤风险。此外，该运动还可促进淋巴循环、增强血液循环及改善机体氧合状态，具有综合健康益处。

### Exercise regularly 规律适度运动



The DRP is a complete regime aimed at eliminating waste, toxins and poisons from your body while rebuilding and restoring nutritional, hormonal and metabolic balance. It puts your body in a position to heal, repair and rejuvenate while giving your body a new start. People with gout have experienced pain relief, reduced symptoms, and in many cases, total healing after undergoing the DRP.

DRP是一套完整的方案，旨在清除体内的废物、毒素和毒物，同时重建和恢复营养、激素和代谢平衡。它能让您的身体处于自愈、修复和恢复活力的状态，同时为您的身体带来全新的开始。许多痛风患者在接受DRP后，都体验到了疼痛缓解、症状减轻，甚至在很多情况下实现了完全康复。



### Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP)

陈林希珠博士创研的排毒与复健计划 (DRP)

# Testimonials

## 见证

For 15 years, I suffered from a serious gout problem. Medication did not help. I was also overweight, weighing 68 kg at only 5 feet 2 inches tall. Eventually, I went through the DRP for 3 weeks. With the help of the DRP, the swollen and painful parts of my legs healed gradually. Gout is completely gone! Moreover, I lost 5 kg. I feel healthier and I am able to work more efficiently than before.

我患有严重的痛风问题长达15年之久。药物治疗也没帮助。那时候我体重也过重，身高5尺2寸，体重却68公斤。后来，我进行了为期3个星期的DRP。在DRP的帮助下，我双腿肿痛的部位逐渐消退。痛风也完全消失了！我还瘦了5公斤。今天的我比以前更加健康，可以更有效地去执行任务。

**Supain @ Christopher Lakasa (Sabah)**  
苏佩恩·克里斯托弗·拉卡萨 (沙巴)

After learning about the Detoxification and Rejuvenation Programme (DRP), I began the programme immediately and continued with regular health maintenance. Upon completing the DRP, the gout that had troubled me for over 10 years was resolved, and the pain and swelling in my big toe subsided, ending frequent doctor visits and injections. My long-standing gallstone condition was also addressed through DRP and supportive gallbladder cleansing therapies, without the need for surgery. Since then, my nausea has disappeared, my energy has returned, and I have regained the strength needed for work and travel. Today, I maintain good health through proper nutrition and health management, and I sincerely encourage those facing health challenges to consider DRP.

我在了解DRP后便立即开始进行，并持续日常保养。在完成DRP后，困扰我长达10年的痛风终于痊愈，大脚趾的疼痛和肿胀也明显消退，结束了频繁看医生和注射治疗的日子。随后，多年来反复发作的胆结石问题也通过DRP及胆囊净化替代疗法得到解决，无需再进行手术。自那以后，我的恶心想消失了，精力逐渐恢复，也重新找回了工作和旅行所需的体力。如今，我通过正确的饮食与健康管理工作维持良好状态，并由衷鼓励正受疾病困扰的人尝试DRP。

**Michael Lee (Malacca)**  
李先生 (马六甲)

For 14 years, I suffered from severe gout and relied on daily medication with little relief. My legs became badly swollen, and for two years I was unable to wear shoes, which caused great difficulty in my work as a uniformed officer. I tried many treatments without success until a colleague introduced me to Dr. Lynn Tan's Detoxification and Rejuvenation Programme (DRP). After completing the programme and follow-up health care, the swelling in my legs gradually subsided. I can now wear shoes comfortably and look presentable in my uniform again. I also lost 6 kg and noticed smoother skin. I am truly grateful to Dr. Lynn Tan and my colleague—this experience has changed my life.

14年来，我一直饱受严重痛风折磨，每天依赖药物但却效果不多。我的双腿肿胀得非常厉害，有整整两年无法穿鞋，这对我作为一名制服执法人员的工作带来极大困扰。我尝试过各种方法，却始终不见改善，直到一位同事向我介绍了陈林博士的DRP方案。在完成整个疗程及后续调理后，我双腿的肿胀逐渐消退。现在，我可以舒适地穿鞋，穿上制服也更体面了；体重减轻了6公斤，皮肤也变得更加光滑。对此，我由衷感谢陈林博士以及那位同事，这次经历彻底改变了我的人生。

**Hedwing Goliun (Sabah)**  
赫德温·戈利恩 (沙巴)

After completing 7 days of the DRP, I continued doing the coffee enema, taking Herbal Klenz, K-salt and Apple Cider Vinegar, as well as exercising regularly. After 6 months from the start of the DRP, I lost 10 kg in total, I am free from gout, and my cholesterol has come down to healthy levels. I feel energetic and youthful!

完成为期7天的DRP后，我仍继续每日进行咖啡灌肠，服用净化粉、钾质、苹果醋，并配合定期运动。持续了6个月后，我总共减去了10公斤，完全摆脱了痛风的问题，胆固醇也下降到了正常水平。我感到精力充沛，感觉越来越年轻！

**Chan Min Hiung (Sarawak)**  
蔡明雄 (砂劳越)

I suffered from gout for more than 18 years since I was 32. The pain was unbearable when gout attacked. I finally went ahead with the DRP for 7 days, followed by the Castor Oil Enema and the NewLife™ Health Building Programme. The results were fantastic! My gout is totally gone! My blood pressure is back to normal from 160/100 to 130/80. My weight dropped from 85 kg to 75 kg (the ideal weight for my height).

我自32岁开始，一直被痛风缠绕了超过18年。痛风发作时的疼痛真的令人难以忍受。终于，在一次机会下，我进行了为期7天的DRP，接着还进行了蓖麻油灌肠，并持续进行新生命疗法及建立健康程序 (NHBP)，以求维持和改善健康。结果得到的成效非常神奇！我的痛风完全消失了！血压也恢复到正常水平，从160/100降到130/80；体重也从85公斤降到我身高的理想体重，即75公斤。

**Clarence T Moncigil (Sabah)**  
克拉伦斯·蒙希吉 (沙巴)

## Take Action Now!

现在就采取行动

*Gout isn't just painful—it's a signal of deeper risks: kidney damage, heart disease, joint destruction. Genetics load the gun, but lifestyle and treatment pull the trigger—or disarm it.*

痛风不只是疼痛，更是更深层次风险的信号：肾损伤、心脏病、关节破坏。遗传因素埋下隐患，但生活方式和治疗决定是否引爆——或者解除危机。