

Eating & Digesting for Gout Relief

痛风患者的
营养支持与
消化功能优化



Managing gout is not just about what you eat; it is also about how your body digests and processes food. Diet, hydration, gut health and digestion all influence uric acid levels and inflammation. By making thoughtful food choices and supporting healthy digestion, many people can reduce flare-ups while improving overall wellbeing.

This guide explores practical strategies for eating and digesting wisely to support natural, sustainable gout relief.

痛风管理不仅涉及食物的选择，更重要的是您的身体如何消化和代谢食物。饮食结构、水分摄入、肠道健康及消化功能都会影响尿酸水平和炎症反应。通过合理的膳食选择并促进消化系统的正常运作，许多人可以减少痛风急性发作的频率，并改善整体健康状况。

本指南将探讨通过科学饮食与良好消化习惯，实现自然、可持续的痛风缓解的实用策略。

Foods That Trigger or Support Gout Relief

可能诱发或缓解痛风的食物

One of the most important dietary factors in gout is purine intake. Purines are compounds found in foods that break down into uric acid. Excess uric acid can crystallise in joints, triggering painful flare-ups.

在饮食因素中，嘌呤摄入量是最关键的因素之一。嘌呤是食物中的一种化合物，分解后会形成尿酸。过多的尿酸会在关节中结晶，从而引发剧烈疼痛的痛风发作。可能诱发痛风发作的食物。

Foods That May Trigger Flare-Ups

可能诱发痛风发作的食物



High-purine or inflammatory foods can increase the risk of attacks:

高嘌呤或促炎性食物会增加痛风发作风险，包括：



Red meats and organ meats, such as beef, lamb, liver and kidney
红肉和动物内脏：如牛肉、羊肉、肝脏、肾脏等



Certain seafood, including anchovies, sardines, mackerel, shellfish and oily fish
特定海鲜：包括凤尾鱼、沙丁鱼、鲭鱼、贝类及高脂鱼类



Alcohol, especially beer, increases uric acid production and reduces uric acid excretion in urine

酒精：尤其是啤酒，会增加尿酸生成并抑制其排泄



Sugary drinks and sweet treats, including soft drinks and desserts high in fructose

含糖饮料及高果糖甜食，如汽水和甜点



Trans fats, found in fried fast foods, packaged baked goods, margarine, shortening, and ultra-processed snacks, should be avoided completely, as they worsen inflammation



反式脂肪：常见于油炸快餐、包装烘焙食品、人造黄油、起酥油及高度加工零食中，应完全避免，因为它们会加重炎症反应

Portion size and frequency matter. Occasional consumption of some high-purine foods is usually manageable, but regular overconsumption can overwhelm the body's ability to clear uric acid efficiently.

需要注意的是，食物摄入的频率与分量同样重要。偶尔摄入少量高嘌呤食物通常是可以接受的，但长期、过量摄入会超出身体清除尿酸的能力。

Foods That Support Gout Relief

有助于缓解痛风的食物



Certain foods help reduce inflammation, support kidney function, and maintain uric acid balance:

有些食物有助于降低炎症、支持肾功能并维持尿酸平衡：



Fresh fruits and vegetables, particularly cherries, berries, citrus fruits and leafy greens

新鲜果蔬：特别是樱桃、浆果、柑橘类水果及深色绿叶蔬菜



Low-fat dairy, including milk, yoghurt, and cheese

低脂乳制品：如牛奶、酸奶和奶酪



Nuts, seeds, and whole grains, which provide fibre and steady energy

坚果、种子和全谷物，提供丰富纤维和稳定能量



Anti-inflammatory staples, including turmeric, ginger, garlic, cinnamon, and omega-3-rich foods like flaxseed, chia seeds, walnuts and fatty fish (in moderation)

抗炎食材，如姜黄、生姜、大蒜、肉桂，以及富含奥美加-3的食物（如亚麻籽、奇亚籽、核桃和适量深海鱼）



Drink NewLife™ Apple Cider Vinegar with NewLife™ Pure Raw Honey mixed in water to flush out toxins from your kidney and bladder

蜂蜜苹果醋：将新生命苹果醋与新生命纯天然生蜂蜜混合于温水中饮用，有助于促进肾脏和膀胱排毒

These foods can be included frequently and in generous portions, supporting digestion, reducing inflammation, and helping the body manage uric acid efficiently. Focus on variety and colour—different fruits, vegetables, and spices provide antioxidants and compounds that promote joint comfort and overall wellbeing.

这些食物可以经常食用，并且要大量摄入，有助于改善消化、减轻炎症，从而帮助身体更有效地调节尿酸水平。建议注重多样化和色彩丰富的饮食，不同的蔬果和香料可提供多种抗氧化物，促进关节舒适和整体健康。



Understanding Purines 了解嘌呤

Purines are natural compounds found in foods and human cells, important for energy metabolism and genetic material. When broken down, they produce uric acid. Healthy kidneys eliminate uric acid efficiently, but problems arise when production is too high or excretion is impaired.

High-purine foods eaten occasionally are generally fine, but repeated excess may increase the risk of uric acid crystal formation in joints. Understanding purines allows people with gout to make flexible, informed choices, rather than following overly restrictive diets.

嘌呤是存在于食物和人体细胞中的天然化合物，对能量代谢和遗传物质至关重要。嘌呤在体内分解后会产生尿酸。健康的肾脏可以有效排出尿酸，但当生成过多或排泌受阻时，就会引发问题。

偶尔摄入高嘌呤食物通常不会造成影响，但长期过量摄入会增加尿酸结晶沉积于关节的风险。了解嘌呤的作用，有助于痛风患者做出灵活而理性的饮食选择，而非采取过度限制的饮食方式。

Hydration and Uric Acid Balance 水分摄入与尿酸平衡

Hydration is one of the simplest and most effective tools for gout management. Adequate hydration helps the kidneys flush uric acid, reducing the risk of crystal formation.

充足的水分摄取是最简单且最有效的痛风管理方法之一。水分可以帮助肾脏排出尿酸，降低结晶风险。

HYDRATION TIPS 补水建议



Aim for 8-10 cups per day, more if physically active or in warm climates
每天饮用8-10杯水，炎热天气或运动后需增加



Sip water throughout the day rather than drinking large amounts at once
一整天少量多次饮水，避免一次性大量饮水



Include water-rich foods, such as fruits, vegetables and soups
多摄取富含水分的食物，如水果、蔬菜和汤类



Hydrating beverages such as apple cider and honey drink or unsweetened herbal teas. Drink carrot and apple juice to reduce uric acid in the blood
可选择蜂蜜苹果醋饮或无糖草本茶等补水饮品；饮用胡萝卜苹果汁有助于降低血液尿酸



Limit alcohol and sugary drinks, which can cause dehydration
限制酒精和含糖饮料避免脱水



Supporting Digestion: Probiotics, Fermented Foods and Enzymes

支持消化：益生菌、发酵食品与酵素



A healthy digestive system is key for gout management. Efficient digestion helps regulate inflammation, remove metabolic waste, and improve nutrient absorption.

Fermented foods, such as yoghurt, kefir, miso, kimchi, sauerkraut and tempeh, contain probiotics, which support gut balance and reduce systemic inflammation. These foods also contain natural enzymes that aid digestion. However, please be careful with sauerkraut, kimchi or miso if you are on a salt/sodium restricted diet.

Infused enzymes, made from fruits, vegetables, or herbs, can complement fermented foods. They help break down food more effectively, improving nutrient absorption and reducing inflammatory byproducts. Benefits may include:

- Better elimination of metabolic waste
- Reduced systemic inflammation
- Enhanced nutrient uptake for joint and tissue repair

Supplements can also support digestive health:

- ImmuFlora®, a combined probiotic and prebiotic supplement that nourishes beneficial gut bacteria
- N Zimes PA Plus™, a broad-spectrum enzyme blend including bromelain, which supports protein digestion and reduces digestive stress

健康的消化系统是痛风管理的重要基础。高效消化有助于调节炎症、清除代谢废物并提升营养吸收率。

发酵食品如酸奶、开菲尔、味噌、泡菜、酸菜和天贝，富含益生菌，有助于维持肠道菌群平衡并降低全身性炎症。这些食物也含有天然酵素，能促进消化。不过，如果您正在限制盐或钠的摄入量，那么在食用酸菜、泡菜或味噌时请务必小心。

泡制酶（酵素），用水果、蔬菜或香草制成，可与发酵食品搭配使用，帮助更有效地分解食物，提升营养吸收并减少炎症副产物，其益处包括：

- 更有效地清除代谢废物
- 减轻全身炎症反应
- 增强营养物质的吸收，促进关节和组织的修复

补充剂也能有助于维护消化系统的健康：

- 免疫激菌植：益生菌与益生元复合配方，滋养有益肠道菌
- 胰酶植物添加剂：广谱消化酵素配方，含菠萝蛋白酶，帮助蛋白质消化并减轻消化负担

Nutrition and Supplementation

营养与补充品支持

A good nutritional base is necessary to go along with proper diet and lifestyle to battle gout. Follow these nutritional regimes to keep gout away for good!

要有效对抗痛风，必须建立良好的营养基础，并配合正确的饮食与生活方式。以下营养方案有助于长期远离痛风：

Vitamin C Complex

维他命C综合丸



Studies suggest that regular vitamin C supplementation may prevent gout by decreasing uric acid levels in the blood. It is also a potent antioxidant that can enhance your immune function and safeguard you from illnesses.

研究表明，定期补充维生素C可能通过降低血液中的尿酸水平来预防痛风。它还是一种强效抗氧化剂，能够增强免疫功能，保护您免受疾病侵害。

Niacin

血液循环补充丸



High cholesterol levels and heart disease have been linked to gout. Niacin, also known as vitamin B3, is a natural cholesterol-lowering agent. It reduces bad LDL cholesterol and boosts good HDL cholesterol, while improving blood circulation. In addition, it prevents the build-up of plaque and the hardening of the arteries, reducing the risk of heart attacks. (Note: For the purpose of reducing uric acid levels, follow a recommended dosage of 100 mg of niacin per day.)

高胆固醇和心脏病与痛风密切相关。烟酸，也称为维他命B3，是一种天然的降胆固醇剂。它能降低有害的低密度脂蛋白胆固醇，及提高有益的高密度脂蛋白胆固醇，也同时改善血液循环。此外，它还能防止斑块积聚和动脉硬化，降低心脏病发作的风险。（注意：为了降低尿酸水平，建议每日服用100毫克的烟酸。）

Vitamin B Complex

维他命B综合丸



Vitamin B complex is not only essential for metabolism, growth and development, it also plays a role in preventing gout. It can reduce the adverse effects of gout by assisting your body in converting uric acid into less harmful substances and flushing out excess uric acid.

维他命B综合不仅对代谢、生长和发育至关重要，它同时能够帮助身体将尿酸转化为较不有害的物质，并排出多余的尿酸。

Calcium Complex

钙合成剂



Keeping strong bones and joints lowers your risk of osteoporosis and joint problems. Supplement yourself with NewLife™ Calcium Complex to build strong bones and keep your joints supple.

强健的骨骼和关节可降低骨质疏松和关节问题的风险。服用新生命钙合成剂，打造强健骨骼，保持关节柔韧。

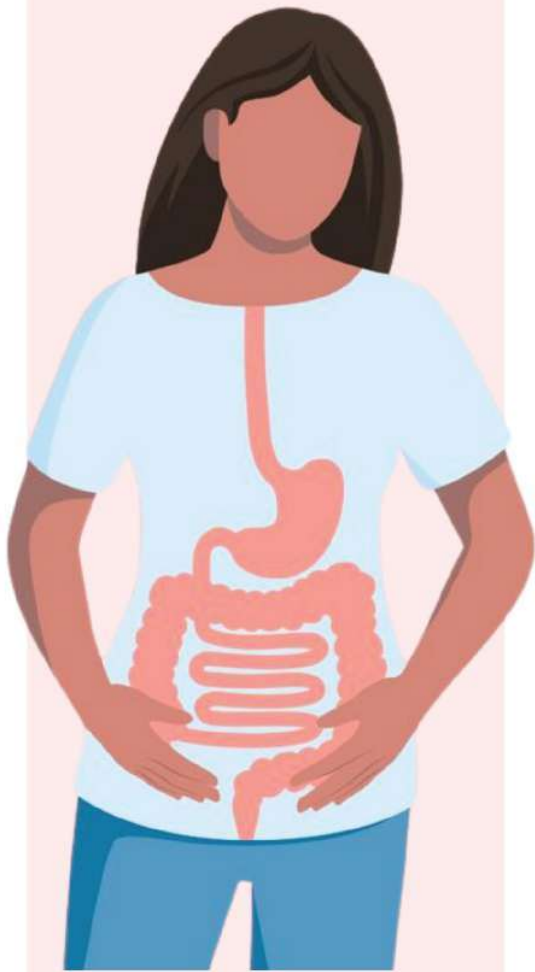
Kelp

海藻宝



Thyroid disorders like hypothyroidism and goitre put you at a higher risk of developing gout. In order to maintain healthy thyroid function, a sufficient amount of iodine is required. NewLife™ Kelp is a rich source of iodine and other vital minerals that can support and boost your thyroid health, thus decreasing your risk for developing gout. Regular intake of kelp can also lower your levels of uric acid.

甲状腺功能异常（如甲状腺减退或甲状腺肿大）会增加痛风风险。为了保持甲状腺的健康功能，我们需要摄入足够的碘。新生命海藻宝富含碘和其他重要的矿物质，能够支持和促进甲状腺健康，从而降低患痛风的风险。此外，经常食用海藻宝还能降低尿酸水平。



The Gut Health and Gout Connection

肠道健康与痛风的关系

Poor gut health can increase uric acid in two key ways:

1. Reduced breakdown and elimination of uric acid due to inefficient digestion
2. Increased systemic inflammation, which worsens joint pain and flare-ups

Maintaining a healthy gut supports metabolic balance, uric acid regulation and immune function, making it a critical, often overlooked aspect of gout management.

肠道健康不佳会通过两种方式导致尿酸水平升高:

1. 消化效率低, 尿酸分解和排泄减少
2. 全身性炎症加剧, 这会加重关节疼痛和发作情况

保持肠道健康有助于维持代谢平衡、调节尿酸水平以及增强免疫功能, 这在痛风的治疗中是一个关键但常常被忽视的方面。

Practical Digestive Support Tips

实用的消化支持建议

Simple, consistent habits can make a big difference. These gentle practices help the digestive system work efficiently, supporting long-term gout relief:

- Eat smaller, balanced meals regularly
- Include fibre-rich foods, such as vegetables, fruits and whole grains
- Avoid heavy late-night meals, which can slow digestion and uric acid clearance
- Add fermented foods and mild herbal teas to support digestion
- Incorporate infused enzymes to improve nutrient absorption and reduce digestive stress
- Stay hydrated throughout the day

简单而持续的好习惯能带来显著改善, 这些温和的做法有助于消化系统高效运作, 支持长期痛风缓解:

- 少量多餐, 保持营养均衡
- 摄取富含纤维的食物, 如蔬菜、水果和全谷物
- 避免深夜进食, 以免影响消化和尿酸清除
- 适量加入发酵食品和温和草本茶
- 使用泡制酶 (酵素) 提升营养吸收, 减轻消化压力
- 全天保持良好水分摄取

A Holistic Approach

整体管理理念

Eating and digesting for gout relief is not about strict rules. It is about balance, awareness and consistency. By choosing foods that reduce inflammation, staying hydrated, supporting gut health, and practising mindful eating, people with gout can take meaningful steps towards fewer flare-ups and better quality of life.

When digestion is supported and nourishment is intentional, the body is better equipped to restore balance, one meal at a time.

为缓解痛风而进行的饮食与消化管理, 并非遵循严苛规则, 而是强调平衡、觉察与坚持。通过选择抗炎食物、充足补水、支持肠道健康以及练习正念饮食, 痛风患者可以有效减少发作频率, 提升生活质量。

当消化得到良好支持, 且饮食是有意为之时, 身体就能更好地通过一日一日的饮食来恢复平衡。

GOUT

FRIENDLY RECIPES

痛风友善食谱



Vegetable Soup with Kale & Mushrooms

羽衣甘蓝蘑菇蔬菜汤

Stage
适用阶段

During gout flares
痛风急性发作期

Why
推荐理由

Low-purine, hydrating, nutrient-rich
低嘌呤、补水、高营养



INGREDIENTS

- 4 cups NewLife™ vegetable broth ★
- 1 cup mushrooms, sliced
- 1 cup kale, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- ½ tsp turmeric + a pinch of black pepper
- Optional: a pinch of salt

食材

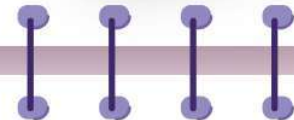
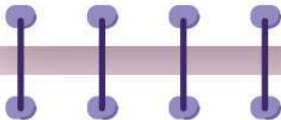
- 4杯新生命蔬菜汤 ★
- 1杯蘑菇，切片
- 1杯羽衣甘蓝，切碎
- 2根胡萝卜，切丁
- 2根芹菜，切丁
- 半茶匙姜黄粉+少量黑胡椒
- 少量盐（可选）

INSTRUCTIONS

1. Sauté carrots, celery, mushrooms lightly in a splash of water.
2. Add broth, turmeric and pepper; simmer 15–20 min.
3. Add kale at the end and cook 2–3 min. Serve warm.

做法

1. 用少量水轻炒胡萝卜、芹菜和蘑菇。
2. 加入蔬菜高汤、姜黄和黑胡椒，小火炖煮15 - 20分钟。
3. 最后加入羽衣甘蓝，再煮2 - 3分钟即可。趁热食用。



★ BASE SOUP 底汤

NewLife™ Vegetable Broth

新生命蔬菜汤

6-8 servings/份量



INGREDIENTS

- 1 cup tomato
- 1 large onion
- 3 cloves garlic
- 1 cup celery
- 1 cup carrot
- 1 cup pumpkin
- 1 cup leeks
- 5 potatoes
- Distilled water

食材

- 1杯番茄
- 1大粒洋葱
- 3瓣大蒜
- 1杯芹菜
- 1杯红萝卜
- 1杯南瓜
- 1杯青蒜
- 5粒马铃薯
- 蒸馏水

INSTRUCTIONS

1. Cut all the ingredients into cubes and put in a slow-cooker with distilled water just enough to cover all the ingredients.
2. Simmer for few hours until all the ingredients are very soft.

做法

1. 将所有材料切成方块，然后放入慢煮锅，再加入适量的蒸馏水足以覆盖所有的材料。
2. 炖煮数小时直到所有材料熟透变软。

Note 注:

Do not peel the potatoes. Do not add table salt or any other seasonings. You may add ¼ tsp of NewLife™ K-Salt (to each serving) to enhance the taste before serving.

不要剥掉马铃薯的皮。不许加入食盐或任何调味料。您可以在享用前加入¼茶匙的新生命钾质（每人份）以增加口感。



Sweet Potato, Kale & Turmeric Bowl 红薯、羽衣甘蓝与姜黄暖碗

Stage
适用阶段

During gout flares
痛风急性发作期

Why
推荐理由

Ultra-low purine, gentle, anti-inflammatory
极低嘌呤、温和、抗炎



INGREDIENTS

- 1 medium sweet potato, peeled & cubed
- 2-3 cups kale, chopped
- 1 tsp NewLife™ Organic Extra Virgin Coconut Oil
- ½ tsp turmeric + pinch black pepper
- ½-1 tsp fresh grated ginger (optional)
- NewLife™ Organic Apple Cider Vinegar (ACV) or lemon juice
- Pinch of salt (optional)

INSTRUCTIONS

1. Steam or boil sweet potato until tender.
2. Lightly wilt kale with turmeric, ginger, and a splash of water.
3. Combine sweet potato + kale; drizzle oil and ACV/lemon juice.
4. Serve warm.

食材

- 1个中等大小红薯，去皮切块
- 2-3杯羽衣甘蓝，切碎
- 1茶匙新生命有机特级初榨纯鲜椰子油
- 半茶匙姜黄粉 + 少量黑胡椒
- ½至1茶匙新鲜姜末（可选）
- 新生命有机苹果醋或新鲜柠檬汁
- 少量盐（可选）

做法

1. 将红薯蒸或煮至软糯。
2. 用姜、姜黄和少量水将羽衣甘蓝轻轻焯软。
3. 把红薯与羽衣甘蓝混合，然后淋入椰子油及苹果醋或者柠檬汁。
4. 趁热食用。

