GOUT FREE

Live your life – Stop the Pain

The most comprehensive guide to your Gout Free Life from the experts at goutcure.com (Full e-book available with purchase)
All natural healing is guaranteed with patience and understanding. Having a better understanding of your condition can pave the path to lifelong success in controlling it for good. Knowledge of your disorder, and all the contributing factors in your life having led up to your very current ailment(s), can make for a better understanding of the necessary approach and commitment to resolving it. Inflammatory diseases are not an overnight occurrence. Some of you may be approaching natural healing as your first form of treatment, while many of you have suffered for years upon years, and the prescription drugs are no longer helping you. We may not be the answer to a quick fix, while for most we are, and are in no way attempting to “band-aid” your symptoms like many modern-day prescription drugs. Instead of treating your symptoms, we will show you how to repair the problem that is causing your symptoms in the first place.

Mission Statement:

We promise to exceed all expectations in education, customer service, and product results. The dedicated employees and owners of this company once walked in your painful shoes and fully understand the magnitude of your despair. We will show you nothing short of relentless effort to solving every single individual case, GUARANTEED!!

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P.O. Box 370 New Market, Maryland 21774-0370
Serving gout sufferers since 1998- www.goutcure.com
Healing Help & Product information Contact Customer Service at customerservice@goutcare.com
INFLAMMATION: WHEN A GOOD THING GOES BAD

Inflammation is a natural, thriving mechanism of the immune system. Acute inflammatory response is a way to fire at and ward off disease and infection, as well as to fuel cellular regeneration. We all require a healthy measure of inflammation in order to survive. What happens when the body feels as though it is constantly under an attack of some sort? What if the inflammatory response persists and you are plagued with an incessant slow burning fire inside of you? This is precisely when a good thing, goes bad. The body is amazingly resilient, but relies solely upon communication between the major systems within the body (the endocrine, digestive, respiratory/cardiovascular, and the central nervous system) in order to function and heal properly. When chronic inflammation is present, these systems can no longer communicate, and disease is virtually inevitable. Which system in the body is affected most can determine the type of disease that will befall you personally. In any event, inflammation is often linked as an underlying cause leading to several serious conditions from Asthma to Arthritis and many others in between, even as far-reaching as Obesity and Alzheimer’s.

Causes of chronic inflammation:

- Stress
- Environmental Toxins
- Low grade viral, fungal, and bacterial infections
- Chronic, low-grade food sensitivities
- Digestive bacteria imbalances
- Diet and Lifestyle

Symptoms of chronic inflammation:

- Visible aging signs
Fatigue & Irritability
Chronic body aches and pains
Joint pain and stiffness
Frequent infections & Slow Healing
Bronchitis
Dry eyes & Blurry Vision
Indigestion/Acid Reflux
Skin conditions (acne, psoriasis, etc.)
Weight changes/Obesity
Urinary tract infections
Candidiasis

Inflammatory-related Conditions:

- Gout/Arthritis (all forms)
- Hypertension
- Asthma
- Stones
- Digestive Disorders (Colitis, IBS, Gallbladder Disease etc.)
- Diabetes
- Heart Disease
- Cancer
EXAMPLES OF INTERNAL INFLAMMATION AND ITS PATH OF DESTRUCTION:

✓ **Gout/Arthritis/Osteoarthritis/Rheumatoid/Lupus/Fibromyalgia/Undiagnosed Joint & Muscle Pain**– Inflammatory cells called cytokines lead to the production of enzymes that attack the tissues and break down cartilage in joints.

✓ **Diabetes**– Inflammatory chemicals release TNF which make cells resistant to insulin.

✓ **Heart Disease/Stroke/Atherosclerosis**– Inflammation causes artery clogging

✓ **Accelerated Aging**– Inflammation causes wrinkles

✓ **Skin Disorders/Allergies**– Inflammation that releases chemicals causing imbalances and healthy bacteria destruction. Results show in both internal and external reactions and heightened sensitivities on many levels.

✓ **IBS/Colitis/Crohn’s**– Inflammatory cells are found in abundance in either or both the large and small intestines producing results that could determine your symptoms and in turn your diagnosis.

✓ **Asthma & COPD**– Both driven by inflammation of the lungs and airways. Asthma is typically the result of allergies (again still inflammation) and often referred to as a "rash" in the lungs. COPD is the result of long term inflammation that has caused destruction actually plugging the airways.
Alzheimer’s—Chronic inflammation revs up the transportation of a protein known as amyloid beta protein into the brain leading to neurological damage.

Cancer—a multi-faceted link driving cancer initiation and promotion as a result of increased production of pro-inflammatory mediators that mediate tumor cell proliferation, transformation, metastasis, survival, invasion, angiogenesis, chemo-resistance and radio-resistance. These molecules are activated by a number of environmental and lifestyle-related factors, which together are thought to drive as much as 90% of all cancers.

Some people are genetically predisposed to certain conditions. However, one must take into account that their environmental surroundings, diet, and lifestyle typically mimic their predecessors. While this may heighten the chances of inheriting a similar fate, it does not dictate its inevitability.

You have quite a bit to do with what happens inside your body, and we plan on providing you with some important tools for better health.

ABOUT GOUT:

Gout (gouty arthritis, metabolic arthritis) is a metabolic disease where uric acid deposits build in the tissue and joints causing inflammatory reaction.

Uric acid is a very potent and necessary antioxidant vital to our DNA and RNA. Uric acid is an end product of purine metabolism. Purines are organic compounds found in all body tissue and cells and also found in the foods we eat. Overproduction and/or under-excretion of uric acid through the kidneys initiate excess storage in the joints, tissue, and organs, resulting in an inflammatory response. This reaction evokes the hot, shiny, often excruciating joint pain known as a ‘gout attack’. It is one of the most
harrowing forms of arthritis and poses an excessively high risk for joint degeneration and deformity.

By slowing cellular and tissue degeneration, increasing kidney filtration and liver function, enhancing the digestive and immune functions, and creating a better diet and water balance, we can in turn shut down the factors leading to this storage and attacks. It is not as complicated as it may sound and will actually change the way you view and value your health as a whole. Gout is a warning sign that your body and health may be in jeopardy. A chance to change the risks involved and stop the pain is not only possible, it is guaranteed. Our product and guidance will do just that!

**GOUT STAGES:**

- Asymptomatic (Hyperuricemia)
- Acute
- Intercritical
- Chronic

In the **Asymptomatic Stage** you will likely find high uric acid levels in the blood without the presence of any symptoms. This does not dictate the inevitability of a gout attack, but can certainly increase the risk. **Hyperuricemia** can result from excessive purine metabolism producing uric acid, under-excretion of uric acid by the kidneys, and possible high levels of fructose in the diet. Natural measures to correct would be advised.

The **Acute Stage** is the presence of the first attack which typically befalls one joint. Any joint is susceptible to an attack, although many find the big toe to be the first. A flare up can cause excruciating pain to an area becoming red, hot, shiny, swollen, and very tender to the touch. Sometimes a fever is present as well. A mild attack can last a few days and a severe one up to a few weeks.
**Intercritical** is the time in between attacks. This can occur for several months up to several years, although most find the second attack to take place somewhere between six months and two years from the initial flare up.

The **Chronic Stage** of gout can burden one with frequent severe attacks and usually involving more than one joint at a time. Tophi can form in the joints, bones, cartilage, and other places in the body. Tophi growths are large nodules of uric acid deposits and are more likely at this stage. The chronic stage of gout imposes much higher risks of kidney stones and damage, hypertension, and joint deformity.

The progression through these stages must be stopped and best in a natural form that the body can recognize and respond to appropriately.

**CONTRIBUTING FACTORS:**

<table>
<thead>
<tr>
<th>Low Kidney Clearance</th>
<th>Restricted Blood Flow</th>
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<tr>
<td>Liver Abnormalities</td>
<td>Obesity</td>
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<td>&quot;Overly Acidic and Sugar Rich Diet&quot;</td>
<td>Alcohol Consumption</td>
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<td>Stress</td>
<td>Poor Nutrient / Vitamin Intake</td>
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<tr>
<td>Low Friendly Bacteria Presence</td>
<td>Antibiotic Use</td>
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<td>Prescription and OTC Medications</td>
<td>High Blood Pressure Diuretics</td>
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<td>Illness / Injury / Surgery</td>
<td>Crash Dieting &amp; High Protein Diet</td>
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<td>Water Intake &amp; Source</td>
<td>Chlorine Contact</td>
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**Low kidney clearance** can stem from water imbalances, an overly acidic body pH, and the extra burden of excessive filtering requirements resulting from prescription and over the counter medication use, etc. The kidneys are responsible for the filtering of uric acid, as well as impurities
and other waste products. This process faces a challenge in the presence of exorbitant uric acid production and/or under-secretion of uric acid related to decreased kidney function. In any instance, the trapped uric acid amounts settle in the joints, tissue, fat, kidneys, and liver where storage and crystallizing begin.

The blood is responsible for carrying the uric acid to the kidneys and then to the urine and bowels in order to be disposed. Lack of blood flow allows for any crystallized uric acid to remain trapped and inhibits the soluble amount from being expelled of properly in order to avoid the storage and crystal formation.

The liver is the take all for any and all foreign invaders in the body. As the largest gland it is responsible for food metabolism, bile secretion, removal of waste from the blood, toxin filtering, blood volume control, and the synthesizing of essential vitamins and nutrients. When the liver, and kidneys for that matter, have so many other toxic encounters to deal with daily, then something as natural and necessary like uric acid can become one of the last matters to deal with. Any reduced function of both can greatly attribute to uric acid imbalance and excretion adding a higher possibility of gouty arthritis formation.

Now we begin to see how some of the other factors listed above only add to the demise of uric acid balance. Additionally, alcohol consumption directly affects and consumes the attention of the liver and kidneys, impeding even more uric acid excretion. Alcohol also dehydrates the blood, further producing excessive uric acid.

Obesity can affect the heart, blood flow, friendly bacteria levels and nutrient assimilation appointing excess strain on these organs and their essential functions. As a result, extra uric acid production is common. Moreover, the typical diet involved in obesity cases is rarely conducive to healthy uric acid balance.
Even without the presence of obesity, the average diet is **overly acidic and purine rich**. We understand that uric acid is the waste product from the breakdown of purines, and purines are the metabolic result of protein. Therefore, we can conclude -- High Purine = Excessive acid production + Reduced Excretion = Uric Acid Storage. pH balance, particularly within each meal, is essential to normal function and control of all areas involved. A 70/30 alkaline to an acidic food ratio is the necessary pH balance to strive for. This pertains particularly to each meal, and is essential to normal function and control of all organs involved. Our typical modern diet is exactly the opposite, and in many cases even worse off.

**The Atkins Diet** is a high protein and highly acidic approach to weight loss. This diet holds little to no alkaline balance, a balance essential to maintaining healthy body environment. Acidic body conditions allow for disease growth. Consequently, diets like these can drastically increase your chances, and even directly contribute to, Gout and other degenerative disease development. Crash diets deplete the body of vital nutrients, creating an acidic body environment, and release stored purines from the body fat in the process. As you know, excess purine release results in even further uric acid production.

**Stress** is a lurid offender to the body. Stress raises the body's acidity and kills off strains of good bacteria required to protect you. Stress causes the body to release inflammatory markers into the bloodstream. Stress can be a key factor in disease growth as it flourishes in these types of environments. Do not overlook the importance for researching natural and successful ways of dealing with stress! EFT Tapping, deep breathing, massage, acupuncture, exercise, and more are proven ways to reduce the danger of anxiety and stress in your life.

**Prescription and Over the Counter Medications** are notorious for their acidic nature and multitude of side effects associated with their use. Some are worse than others. However, they can all contribute to nutrient and
good bacteria depletion and profoundly compromise the very organs and functions you need operating at their best. **High blood pressure and cholesterol drugs** are among the top nutrient depleting drugs on the market. It remains important to at least supplement in some vitamins and friendly bacteria during their use. Diuretics add even more concerns regarding gout. Their reduction of water in the blood can allow room for much higher uric acid concentrations. Improper water intake adds more fuel to the fire. In this instance, not only do you find too much water being pushed from the body, but not nearly enough being consumed in order to remain properly hydrated. Once again, we find any hopes of proper uric acid excretion minimal at best. Awareness of your daily water is essential to avoid some of these complications when possible. Secondary Gout, when gout occurs due to another condition such as renal disease, is also very common with conditions such as elevated blood pressure and diabetes. Other collective contributors can stem from synthetic diuretic usage (as detailed above), low-dose aspirin use (which limits the excretion of uric acid), and high-dose niacin use (commonly prescribed for high cholesterol). Oddly enough, adult dose aspirin does not seem to have the same negative effect in altering the excretion of uric acid as does the commonly prescribed low dose amount of 81mg.

**Antibiotic use** can contribute to the development of high uric acid concentration. Antibiotics are meant to kill off all the bad bacteria in the body. Unfortunately, they take all the good with it as well. Over 70% of your immune system resides in your digestive system. Low friendly bacteria levels place a lot of unnecessary strain on your system’s ability to fight infection and avoid disease growth. In fact, disease growth flourishes in a toxic environment, which is precisely the state of affairs you face without optimal healthy bacteria levels present in the intestines. Stress, obesity, medications, overly acidic diets, processed foods, sugar, alcohol, and chlorinated water continue to add to the demise of our good bacteria.

**Chlorine.** We inhale chlorine in the gaseous form, chloroform, through
the steam of a shower, bath, and in a hot tub. Chlorine also seeps into our pores in these ways, as well as through swimming pools. Chlorine is found in our city tap water, and when ingested or bathed in, has a direct effect on our health. Chlorine not only destroys vital strains of friendly bacteria in our body but is a health risk in general for many other reasons. **Why does chlorine in water cause these Gout Symptoms?** It destroys protective acidophilus, which nourishes and cooperates with the immunity-strengthening "friendly" organisms lining the colon. And, as mentioned earlier, chlorine combines with organic impurities in the water to make trihalomethanes (THMs), or chloramines. The more organic matter, the more THMs; and like excess oxysterols they are carcinogens. 30% of all uric acid is expelled through the bowels with the help of "friendly" organisms (Bifidobacterium bifidum and Lactobacillus acidophilus).

Recent research has found a new hazard in chlorinated water: a byproduct called MX. A research team from the National Public Health Institute in Finland discovered that, by causing genetic mutations, MX initiates cancer in laboratory animals. And DCA (dichloro acedic acid) in chlorinated water alters cholesterol metabolism, changing HDL ("good") to LDL ("bad") cholesterol—and causes liver cancer in laboratory animals. Liver health, cholesterol, blood pressure, insulin resistance, gout, and a proper working digestive system, are all interrelated.

Long-term risks of consuming chlorinated water include excessive free radical formation, which accelerates aging, increases vulnerability to genetic mutation and cancer development, causes difficulty metabolizing cholesterol, and promotes hardening of arteries.

Taking a warm shower or lounging in a hot tub filled with chlorinated water, one inhales chloroform. And worse, warm water opens the pores, causing the skin to act like a sponge, and so one will absorb and inhale more chlorine in a 10-minute shower than by drinking eight glasses of the same water. This irritates the eyes, the sinuses, throat, skin and lungs,
makes the hair and scalp dry, worsening dandruff. It can weaken immunity.

**Water consumption** and the source for your drinking water are both very important. Unfortunately a good portion of our society is dehydrated and isn't even aware of it, which poses major health risks. If the kidneys sense the body is becoming too dry, they begin to retain the fluid, rather than excreting it as urine. This also forces the body to hold onto excess uric acid and other toxins ordinarily excreted by the kidneys, and the damage begins. This is a vicious cycle of dehydration. Proper water intake is an essential key to blood hydration and kidney filtration in order to properly expel uric acid from the body. One should consume a pure source of water, ideal amount for their body weight and activity level, steadily throughout the day. By the time you feel thirsty, you are already dehydrated.

**Illness, injury, and surgery** can all factor into pushing you over that edge and into your first attack. More than likely, you were already in the developing stages and experiencing overproduction and storage of uric acid. Eventually, it became too much for the body to handle the additional challenges without repercussions. Further, these conditions typically entail extra stress on the body, pain medication use, changes in weight, and antibiotic use only adding to your development risks.

**TRADITIONAL MEDICATIONS.**

**Allopurinol.** This drug actually blocks the enzyme, xanthine oxidase, necessary for the conversion of purines into uric acid. As of result, this lowers the blood serum levels and used to prevent chronic gout, stones, and hyperuricaemia. It is not actually a treatment for an acute attack and can even exacerbate an attack if used during its course. This treatment sounds good in theory, but one must consider that un-naturally stopping a very natural and necessary production such as uric acid has to take its toll
on the body somehow. After all, uric acid is a potent antioxidant vital to the body, therefore stopping its production seems counterproductive to its important role as the protector of your DNA. As a result, it is necessary to monitor the liver, kidneys, and blood during its use. Possible side effects include: peripheral neuritis, alopecia, swelling, pain in urination, hypertension, taste disturbances, nausea, vomiting, abdominal pain, diarrhea, headache, drowsiness, and vertigo. Possible serious side effects include: Anemia or other blood or bone marrow disorders that may produce fatigue, bleeding, or bruising; yellowish tinge to eyes or skin (signs of hepatitis or liver damage); severe skin reactions (rashes, skin ulcers, hives, intense itching); chest tightness; weakness.

**Colchicine.** This drug is used as an alternative to NSAIDS treating the inflammation caused by an attack. It can actually suspend cell division which again is yet another necessary and naturally occurring action in the body being halted by a drug and should be avoided by children and pregnant women due to the risks involved. This drug can cause serious side effects and toxicity and even death in high doses. 80% of people who take Colchicine in doses that are high enough to be effective develop stomach problems such as cramping, nausea, diarrhea, or vomiting. Serious side effects of colchicine include bone marrow problems, muscle inflammation, severe anemia, and extremely low white blood counts that can increase the risk of infection developing. Colchicine is usually avoided or the dose adjusted in people who have reduced kidney function.

**NSAIDS.** Nonsteroidal Anti-inflammatory Drugs like Indomethacin are used to reduce the inflammation, pain, and fever caused by a gouty infection. The body’s natural mechanism to fight infection is directly associated with these types of reactions and is the way you know your body is doing what it is supposed to do. Suppressing these natural and necessary body responses can certainly take a toll on the body in the long run. Side effects include nausea, vomiting, decreased appetite, rash, dizziness, headache, and drowsiness. They may also cause fluid retention
leading to edema. The most serious side effects are kidney failure, liver failure, ulcers and prolonged bleeding after an injury or surgery. NSAID's may have significant toxicity, but if used for the SHORT TERM they can be generally well tolerated.

**Prednisone.** This drug alters the way the immune system works and actually takes over the natural function of the adrenal gland to stop the natural production of steroids in the body. In turn it has helped in reducing the red, painful inflammation associated with a gout attack but at what cost to your health in general. Prednisone suppresses the immune system and can result in a host of unwanted side effects including: headache, dizziness, extreme mood swings, bulging eyes, acne, difficulty sleeping, fatigue, weight alterations, thin fragile skin, weak muscles, heartburn, decreased sex drive, sweating, slow healing of cuts and bruises, vision problems, eye pain, sore throat, seizures, depression, confusion, loss of contact with reality, muscle twitching, shaking, numbness, swelling, upset stomach, vomiting, hacking cough, irregular heartbeat, rash, hives, itching, shortness of breath, swelling or pain in the stomach, shortness of breath. Enough said!

We have all found ourselves time and time again at the mercy of such prescription medications due to the necessity for immediate symptom relief. In theory, the above medications answer that need. However, continuing to not address the real issue and root cause will inevitably wind up backfiring on you, your body, and your health. Gout is a strong warning sign of body malfunction, acidity, and toxicity and one not to be overlooked or covered up. There are alternatives and even lifestyle adjustments that can certainly go a long way towards recovery and prevention. There is a safe, effective and natural approach to your relief quest and ways to nurse your body back to health. Some use both traditional medications and all natural formulas together. However, many wish to eliminate the prescription drugs and their side effects, all together. Many enjoy working with their physicians to **wean from these**
medications slowly and allow the body to adjust naturally. They simply reduce the amount they take slowly and/or spread the hours apart in which the medication is consumed, while beginning the all natural herbal route simultaneously.

**RELATION TO DIET AND LIFESTYLE:**

This may be one of the most complex areas to understand, and we are learning new things all the time. For far too long we have remained focused on certain food triggers and purines counts. Food selection is very important. However, in terms of actual purines in the food, they truly only contribute to around 30% of the uric acid production. The larger and often overlooked picture would be the lack of pH balance to each meal, unhealthy food choices, high-heat cooking methods, high fructose corn syrup, artificial sweeteners, and an overabundance of processed and now genetically modified selections in the typical diet. Additionally, you will continue to find conflicting information on what is considered to be a “healthy diet,” rendering you helpless in making concrete decisions on your approach for change.

- We have the diet answers you’ll need for success.
- We have the program and products that work.
- We are the pioneers of the gout supplement industry; first of its kind on the market and still the absolute best!
- You can be worry free AND Gout free with our expertise, guaranteed.
Our full version E-book is available with your gout product purchase and will include everything you need to be successful and GOUT FREE!

Below are a few samples of the delicious recipes included in our full booklet.

With our products and program, you can eat in ways you didn’t think was possible.

**RECIPES: BREAKFAST SAMPLE**
(Recipes are scaled for four servings -- unless noted otherwise)

**Mexican Breakfast Scramble** (serves 2)

*Ingredients:*
- 1 tsp coconut oil
- 4 free-range eggs
- 1/2 tsp cumin
- 1/2 tsp chili powder (or ground chipotle)
- 1/4 tsp Himalayan salt
- 1 Tbs water
- 1/4 red onion, diced
- 1 green bell pepper, diced
- 1 jalapeno, diced (optional)
- 12 oz organic chicken breasts, boiled and chopped
- 1 medium tomato, diced
- 1/4 cup fresh cilantro, chopped
Directions:

1) Heat coconut oil in a medium skillet over medium–high heat.
2) Meanwhile, break eggs into a small bowl. Add cumin, chili powder, sea salt (if desired), and water. Scramble with a fork until fully combined.
3) Add onions, bell peppers, and jalapeno to the hot skillet. Saute 3–5 minutes, or until slightly softened.
4) Add eggs and chicken, and cook while continuously stirring until eggs are light and fluffy.
5) Remove from heat. Stir in tomatoes, and top with fresh cilantro to serve.

RECIPES: LUNCH SAMPLE

Taco Salad

Ingredients:

- 1 lb organic ground beef
- 2 Tbs chili powder
- 1 tsp garlic salt
- 1 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp Himalayan salt
- 3/4 cup water
- 1/2 yellow onion, diced
- 1 medium tomato, diced
- 3 romaine hearts
- 1 jar black olives, sliced
- 1 avocado
- fresh cilantro
- Fresh Salsa (see recipes in condiment section)
- Dollop of sour cream

**Directions:**

1) Heat medium skillet over medium-high heat. Add beef and onion to pan. Cook for about 10 minutes, or until browned.
2) Add chili powder, garlic salt, cumin, oregano, sea salt and water, and let simmer for 5 minutes more.
3) Meanwhile, wash lettuce and tear onto two plates (save some for leftovers).
4) Top with meat, sliced avocado, black olives, tomatoes, cilantro, salsa, and sour cream.

**RECIPES: DINNER SAMPLE**

**Grilled Fish in a Spicy Citrus Marinade Over Wilted Spinach** (great with our crispy jicama salad recipe found in the full version e-book available with purchase)

**Ingredients:**

- 4 firm, mild white fish fillets, such as grouper, sea bass, flounder, cod, halibut or tilapia, each about 6 oz.
- Himalayan salt, to taste
- 1 small yellow onion, diced
- 1 walnut-sized piece of fresh ginger, peeled and thinly sliced
- 1 small bunch fresh cilantro, chopped
- 1 Tbs. chopped garlic
- 2 tsp. minced jalapeño chili
- 2 tsp. grated lime zest
- 1 tsp. freshly ground pepper
- 1/4 cup lime juice
- 1/4 cup butter/ghee/palm/or coconut oil
- 1 lime, quartered (optional)
- Fresh Spinach (right before fish is complete place spinach in a pan with a little butter and toss until wilted- about 2 minutes)

**Directions:**

1) Place the fish fillets in a nonreactive container and season lightly with salt.

2) In a food processor, combine the onion, ginger, cilantro, garlic, chili, lime zest, pepper, lime juice and butter/ghee/oil. Using on-off pulses, pulse until a paste forms.

3) Rub the paste evenly over both sides of each fish fillet. Cover and marinate in the refrigerator for up to 2 hours.

4) Prepare a fire in a charcoal grill or preheat a grill pan over medium-high heat.

5) Season the fish fillets with salt again. Lightly oil the grill or grill pan. Grill the fish, turning once, until opaque throughout when pierced with a knife, 3 to 4 minutes per side.

6) Transfer the fish to warmed individual plates. Serve immediately with lime wedges.
Red Potato Colcannon

**Ingredients:**

- 1 pound small red potatoes, scrubbed and cut in half
- 1 tablespoon butter
- 1/2 cup onion, thinly sliced
- 6 cups green cabbage, thinly sliced (about 1/2 head)
- 1 cup organic milk
- 1 teaspoon Himalayan salt
- 1/4 teaspoon white pepper

**Directions:**

1. Bring 1 inch of water to a boil in a Dutch oven. Place potatoes in a steamer basket and steam, covered, until just cooked through, about 15 minutes. Transfer to a large bowl and cover to keep warm.

2. Meanwhile, heat butter in a large nonstick skillet over medium heat. Add onion and cook until translucent, about 2 minutes. Add cabbage and continue cooking, stirring occasionally, until the cabbage begins to brown, about 5 minutes.

3. Reduce heat to low. Stir in milk, salt and white pepper; cover and cook until the cabbage is tender, about 8 minutes. Add the cabbage mixture to the potatoes. Mash with a potato masher or a large fork to desired consistency.
**Parmesan Potato Skin Chips** (enjoy with herbed sour cream recipe found in the full version e-book available with purchase)

**Ingredients:**

- 5 large russet potatoes
- 1 teaspoon melted butter or coconut oil
- 1/2 teaspoon paprika
- 1/4 teaspoon Himalayan salt
- 1/8 teaspoon cayenne pepper
- 2 tablespoons freshly grated Parmesan cheese

**Directions:**

1) Preheat oven to 400°F. Coat a baking sheet with cooking spray.
2) With a paring knife, remove skin and about 1/8 inch of the flesh from potatoes in long 1- to 2-inch-wide strips. (Reserve peeled potatoes for another use.) Toss the potato skins with oil/butter, paprika, salt and cayenne.
3) Place in a single layer on the prepared baking sheet; sprinkle with Parmesan.
4) Bake until tender and golden, 25 to 30 minutes.
A Bit About Our Gout & Inflammation Free product line (www.goutcure.com):

GC® Gout Care is our signature herbal blend that we have been known best for since 1998, proudly keeping people gout pain free since its introduction. Our herbal blend proceeds directly to the root of most gout problems, uric acid production and crystallization. Seeking to unnaturally suppress uric acid production altogether, such as Allopurinol would, can yield potentially dangerous consequences. In order to deal with uric acid properly, you must first slow the production. This segment of uric acid control can easily be attained through a balanced diet, vitamins and minerals, and proper water intake. The complicated part is ensuring that it remain soluble in order for the body to dispose of any excess.

GC® can help enhance the body's ability to keep the uric acid from crystallizing, increases the removal from the blood stream to transport out of the body by way of the urinary disposal system, while also boosting the digestive system's ability to process the purines and dispose of the excess production, BEFORE the point of storage. This combination is fundamental to your success, and often the missing link for those who have dieted alone without success. Slowing the uric acid production, while a crucial component, is only half of the battle. You must trigger the systems of the body to deal with this natural substance in a healthy manner. Our herbal blend provides this essential communication. This herbal blend renders
unparalleled success serving to enhance the immune system, detoxify the liver, promote new cell growth, protect against infection, improve circulation, aid to metabolize the minerals in food for better digestion, as well as possessing the anti-inflammatory and positive cholesterol effects mentioned above. GC® Gout Care is THE superior choice for the overall health of anyone with or without Gout.

Flamasil™ for Inflammation

Are you aware that uncontrolled inflammation can lead to Heart Disease, Diabetes, and Cancer? You must remove chronic inflammation from your life.

- Do you suffer with joint and muscle pain?
- Fatigue?
- Indigestion?
- Weight changes?
- Blood Pressure and Cholesterol problems?
- Skin Conditions?

Common conditions involving unhealthy inflammatory response include: Arthritis, Gout, IBS, Colitis, Diabetes, Psoriasis, Heart Disease, Asthma, COPD, Allergies, Alzheimers, Cancer, and more.
All the ingredients in Flamasil™ play an important role in regulating healthy inflammatory responses, gently cleansing, and curving an accelerated aging process. With amazing ingredients like Turmeric BCM-95, Artichoke Extract powder, Grape Seed Extract 95% OPC, Pine Bark Extract 95% OPC, Yucca, Aged Garlic, Milk Thistle Extract, Boron Citrate, GutBudies Probiotic, Tart Cherry Extract, Resveratrol Extract, Banaba Leaf Extract, and Boswellia Extract we are successfully addressing virtually every aspect of the auto-immune system. This is attained safely and naturally, without the burden of undesirable side effects associated with nearly all modern medicine choices.

By combining Flamasil™ with a balanced diet and lifestyle, we are finally able to address a wide-range of health issues. Chronic inflammation is at the heart of insulin resistance, hypertension, high cholesterol, fatigue, acid reflux, IBS, incessant joint and arthritic conditions, Alzheimer's, cancer, and more.

Friendly Fighters® Probiotic Therapy was introduced 2006. For several years, we have recommended that our Gout Care customer base strongly consider taking a high-quality Probiotic. Many wondered why we didn't have one to offer in support of our recommendation. At that time, we were grappling with a number of concerns and simply unable to supply our customers with such a product that we could truly stand behind. It was imperative to offer one with room temperature stability that possessed an extensive shelf life, and yielded extreme consistency in quality and quantity. We had to ensure the
survival of these friendly bacteria strains through the stomach acids and into the intestines, challenging to say the least!

We are proud to announce our breakthrough Probiotic, Friendly Fighters®. This formula not only provides an extensive shelf life and room temperature stability, but is also able to resist gastric acids and heat. Friendly Fighters® is a select blend of beneficial bacteria most effective in colonizing in the intestines for optimal health benefits. As a society, we have come to think of bacteria as the enemy when, in fact, the body is entirely reliant on a number of good bacterial strains to thrive. Nutrient absorption, vitamin synthesis, and waste elimination through regularity are dependent upon a certain number of probiotics, or friendly bacteria, present and active in the intestines. The intestinal flora serves as a barrier, protecting against infections by avoiding the colonization of disease causing pathogens in the GI tract. It does so by providing antimicrobial substances, as well as stimulating the body's own natural defenses.

Unfortunately, our modern lifestyle works against their survival and the activity of suitable intestinal flora balance. This includes stress, diet, prescription and over the counter drugs, chlorine in our water (drinking and bathing in it), illness, antibiotics, aging, etc. The list goes on. These challengers make it virtually impossible to achieve balance and tend to shift the intestinal conditions into a more acidic and disease hosting environment.

By supplementing with probiotics, you are stimulating natural re-colonization while depriving the bad bacteria of continued growth. Bad bacteria – Toxins and Toxins – Disease. Eliminate its growth, and eliminate the environment in which disease can flourish.
Body Boost® Mega Multivitamin/Mineral (with antioxidant and herbal contributions) is an extremely exciting product. The importance of vitamins goes without saying, but finding the right one can be very challenging. For years, we have recommended several necessary vitamin sources, particularly ones that arthritic/gout patients tend to be more deficient in, such as A, E, and B5. Except for a few, the body does not naturally manufacture its own vitamins, so we must rely on obtaining them through our diet. This has become increasingly difficult. The typical American diet is heavily processed and full of unhealthy choices. Our access to ‘real’ whole foods are not only limited, but even our fresh choices aren't what they once were. The decreasing quality of the very soil our food grows in has certainly added to our vitamin demise. Several foods, beverages, cooking methods, and medications even leach vitamins from our body, only adding to our rapidly increasing deficiencies. As a society, we tend to be unaware of what we may be lacking and the importance of how these deficiencies may be contributing to our health. These very deficits contribute to disease growth and diminish our body’s ability to fight against the disease. As we age, cellular degeneration (cell death) is inevitable, but materializes at an alarmingly rapid rate without enough vitamins, minerals, and good bacteria present throughout the body. Dying cells release uric acid and free radicals, which, as you know, can be the beginning of cancerous formations. Our bodies require a proactive approach to decreasing the likelihood of disease, and increasing our ability to fight disease of all forms. This better our chances of repairing and controlling the present disorders, while also attempting to prevent others
from formulating. Diet and lifestyle changes are your absolute best avenue for increasing your health and immunity. The additions of certain supplements are necessary to fulfill our needs, even in the presence of a well-balanced diet.

Gout/Arthritis and other inflammatory, chronic, and immune suppressive disorders are strong warning signs of critical imbalances that should not to be ignored or overlooked. Our GC® Gout Care product addresses uric acid directly to dissolve and dispose of the crystals causing your pain, infection, and damage. Our additional products are offered to address the most common deficiencies we find today.

We cannot afford to overlook other areas contributing to your uric acid problems, including the need for a balanced diet and proper pure water intake each day. This is even more critical if you suffer with more than just Gout (Hypertension, High Cholesterol, Diabetes, IBS, Reflux, Fibromyalgia, etc.). We will be more than happy to help you address your health concerns, gout condition and beyond.
ADDITIONAL HEALTH PRODUCTS WE CARRY:

**Simply Stevia®.** Clinical data suggests that the consumption of sugar and HFCS sweetened soft drinks are strongly associated with an increased risk of gout! Reduce your sugar and HFCS intake with All Natural Stevia. Simply Stevia is a pure, natural sweetener, more absorbable, with no aftertaste, no added chemicals or masking agents and is stable at high temperatures, thereby making it suitable for all sweetening purposes. Simply Stevia Liquid Drops are made from a natural herb, about 300 times sweeter than sugar. It is calorie free, does not affect the glycemic index and it is diabetic friendly. Another benefit of Stevia Natural extract is its anti-bacterial property that can help with cavities, mouth sores, tooth decay and gingivitis. It inhibits plaque growth and helps in maintaining oral hygiene as well as oral health. Stevia tea is great for an upset stomach, indigestion, heartburn etc. Make a habit of drinking stevia tea after each meal. Stevia also helps in lowering high blood pressures and helps in combating hypertension. Stevia has also been shown to prevent osteoporosis, wrinkles and several other such conditions. It also helps in weight loss, as it is low in carbohydrates. Stevia increases the level of energy in people on weight management programs while reducing the calories intake at the same time. We have flavors available in Valencia Orange, Vanilla, Pomegranate, Mixed Berry, and Clear.
We are now proud to offer select Dr. Mercola products!

**Ubiquinol** may be the silent deficiency robbing your heart, brain and other vital organs (especially if you take statins). Dr. Mercola recommends the use of a CoQ10 formula supplement for nearly all adults, because your natural ability to produce CoQ10 decreases with age. When you're younger, your body absorbs supplemental CoQ10 just fine. However, if you're part of the older (or getting older) crowd, you need an extra boost to get all the CoQ10 your body needs. That's because your body's ability to convert CoQ10 to ubiquinol also declines. Without getting into a long scientific explanation, your body needs ubiquinol to produce cellular energy. That's why he puts **Ubiquinol** at the top of his list for baby boomers and those older -- to help every cell of your body perform at its best. Ubiquinol gives you all the benefits of regular formula CoQ10, plus it makes the active form of CoQ10 formula available more directly, ignites your body's energy production all the way down to your cells, helps in strengthening your cardiovascular system, increases antioxidant power to help protect you from free-radicals, provides a boost to your immune system, and replenishes your CoQ10 levels if you're taking statin drugs*. 

*Based on scientific research.
Krill Oil Omega 3’s – Two of the best and yet simple ways to improve your overall health with supplements include increasing your intake of antioxidants, and increasing your intake of omega-3 oils. I'm sure you've heard by now about two fats in omega-3 oils that are crucial to your health -- DHA and EPA. These compounds are not only essential to maintaining your health-- scientific research indicates that they may also promote heart health and provide immune system and mood support. Now in a perfect world, you would be able to get all the omega-3s you need by eating fish. Unfortunately, studies show that eating fish can potentially expose you to a high degree of contamination with industrial pollutants and toxins like mercury, PCBs, heavy metals and radioactive poisons.

In fact, the FDA and EPA have put out health advisories warning against certain fish and shellfish consumption for young children, women who are pregnant or may become pregnant, and nursing mothers. There are also major fish oil drawbacks. The list of how krill oil supports you will likely impress you too. supports a healthy heart, support for concentration, memory and learning, blood sugar health, healthy joints (with an increase in joint comfort), fighting your signs of aging, healthy brain and nervous system function and development, protection for cell membranes, cholesterol and other blood lipid health, healthy liver function, bolstering your immune system, healthy mood support, and optimal skin health*. 


**Vitamin D Sunshine Mist.** Research suggests that up to 85% of people could be deficient in vitamin D without knowing it... leaving them with less-than-optimal health. In fact, some scientists call for urgent action. Why? Because current scientific research suggests that all cells and tissues in your body have vitamin D receptors -- and further concludes that every cell and tissue needs vitamin D for its well-being.* Not only that, but vitamin D is responsible for the regulation of over 2,000 genes in your body!* Since healthy levels of vitamin D protect and promote so many of your body's functions, a deficiency may mean your body lacks the tools it needs to keep you in optimal health*...making sufficient vitamin D a very important issue for you to address! Vitamin D Spray is completely stimulant-free, contains only natural ingredients, and tastes great, too.

Each pre-metered dose delivers 6000 IU of crucial vitamin D3 to boost support for your overall heart health, immune system health, balanced moods and feelings of well-being, strong and healthy bones, improved muscle strength, proper digestion and food absorption, and deal weight maintenance*. Put vitamin D's super-hero powers to work for you right away!
Saw Palmetto w/Lycopene. By age 60, 90% of American men may need extra support for prostate health. As a man, there's a high likelihood you'll need additional prostate support sooner or later during your life. Saw palmetto is a plant native to the southeast region of the United States, primarily Florida. It's found naturally in only a few other places around the world. And today, saw palmetto shows promise in how it potentially supports your prostate health, helps support urinary tract function, and promotes a healthy libido.

Lycopene is a naturally-occurring nutrient that gives many fruits and vegetables their red color. Lycopene is one of a number of nutrients called carotenoids. And lycopene is considered a potent antioxidant whose activity has been suggested to be more powerful than that of other carotenoids, such as beta-carotene. This ingredient shows promise in how it potentially works with saw palmetto in supporting prostate health.

Saw Palmetto with Lycopene, when combined with a healthy lifestyle can help give your prostate and overall health a boost.*
**Astaxanthin w/ALA.** Astaxanthin is one of nature's most powerful antioxidants with free radical scavenging strength as much as 65 times greater than vitamin C and 54 times greater than beta-carotene.

Here is a super-antioxidant nutrient that can help you do all this... and more...and it's not just based on 'hearsay.' Studies have researched the solid benefits of this powerful lipid-soluble antioxidant. There are many properties that make this super-carotenoid unique.

Astaxanthin compares astoundingly well to other nutrients and powerful lipid-soluble antioxidants when it comes to free radical scavenging and neutralizing singlet oxygen.*It is extremely challenging to get adequate levels of astaxanthin directly from foods, and especially from non-polluted foods. Therefore, supplementation is a more reliable means of obtaining a regular source of astaxanthin.

ALA is a plant-based omega-3 fatty acid. It is important to have both plant- and animal-based omega-3s in your diet. It is included in the formula because it acts as a great 'carrier' for astaxanthin and helps maximize absorption.
Himalayan Crystal Salt. Salt is essential for life -- you cannot live without it. However, most people simply don't realize that there are enormous differences between the standard, refined table and cooking salt most of you are accustomed to using and natural health-promoting salt. These differences can have a major impact on your staying healthy. If you want your body to function properly, you need holistic salt complete with all-natural elements. Today's common table salt has nothing in common with natural salt. Your table salt is actually 97.5% sodium chloride and 2.5% chemicals such as moisture absorbents, and iodine. Dried at over 1,200 degrees Fahrenheit, the excessive heat alters the natural chemical structure of the salt. This salt from the Himalayas is known as "white gold." Together with pure spring water, Himalayan Crystal Salt offers all 84 elements exactly identical to the elements in your body and is vital for regulating the water content throughout your body, promoting a healthy pH balance in your cells, particularly your brain cells, promoting blood sugar health and helping to reduce the signs of aging, assisting in the generation of hydroelectric energy in cells in your body, absorption of food particles through your intestinal tract, supporting respiratory health, promoting sinus health, prevention of muscle cramps, promoting bone strength, regulating your sleep -- it naturally promotes sleep, supporting your libido, promoting vascular health, and in conjunction with water it is actually essential for the regulation of your blood pressure.
Deet-Free Bug Spray is chemical-free, has an appealing scent, and is effective against the annoyance of biting insects! Plus, it's not harmful to the environment.

It's specially formulated for effectiveness against mosquitoes, fleas, chiggers, ticks, and other biting insects. Each active ingredient in this special formulation of Dr. Mercola's Bug Spray is a known natural deterrent to bug bites, so you can feel totally confident in using it freely. You'll love how natural and gentle it is to your skin.

Citronella, lemongrass oil, and peppermint oil have been known to be effective bug deterrents for years. Many people also consider pure vanillin to be effective against mosquitoes. But vanilla combined with citronella, lemongrass oil, and peppermint oil – now there's a smart combination. Because Dr. Mercola's Bug Spray doesn't contain neurotoxins or other dangerous or suspicious ingredients, you can apply generously without fear of reactions or long-term issues.

*Caveat: Do not use this product if you are sensitive to lemongrass.*

Yes! There is a natural product that's as effective as DEET!
Product and Package Options – www.goutcure.com

Item #1221 GC® Gout Care: 90 Capsules / 30 day supply – 1 bottle
$22.95 ea. / 3 for $66.00 / 6 for $126.00

Item #1330 Friendly Fighters® Probiotic 30 Count: 30 Capsules – 1 bottle
$9.75 / 3 for 27.50

Item #1331 Friendly Fighters® 120 count: Pro-biotic supplement $29.95 / 2 for $57.00

Item #1230 30 day supply of GC® and Friendly Fighters®: 1 combo
$29.75

Item #1441 Body Boost® MegaVitamin: 1 bottle $22.95 / 3 for $66.00 / 6 for $126.00

Item #1992 Comprehensive Guide To Gout Control®, $2.95 ($1.50 with any other purchase)

Item #3669 Gout Stop® with Booklet: $53.95 – Package Includes the gout booklet, one GC® Gout Care, one Body Boost® Vitamin, and one 30 count Friendly Fighter® Probiotic

Item #3669.5 Gout Stop® without Booklet: $52.95 (same package as above w/out the guide)

Item #1551 Gout Sufferer Starter Pack: $89.95 – Includes three bottles of GC® Gout Care and one (120 count / 3 month supply on first use) bottle of Friendly Fighter® Probiotic

Item #1881 Gout Care® 4 Pack + Friendly Fighters®, $112.95 – Repeat
buyer pack includes 4 bottles of GC® Gout Care and 1 (120 count / 4 month supply) Friendly Fighter® Probiotic

Item #1661 Total Health Package® #1, $157.95- Package includes 3 bottles of GC® Gout Care, 3 Body Boost® Vitamins, and 1 (120 count) Friendly Fighters® Probiotic

Item #1771 Total Health Package® #2, $189.95- Package includes 4 bottles of GC® Gout Care, 4 Body Boost® Vitamins, and 1 (120 count) Friendly Fighters®

Item #870100 Flamasil™ for Inflammation: 90 Vege-Capsules / 30 day supply- $35.00

Item #10047 Vitamin D Sunshine Mist (spray): 34 servings- $17.97

Item #100000 Krill Oil. 30 Day Supply- $24.95

Item #10040 Ubiquinol Enhanced CoQ10. 30 Day Supply- $21.97

Item #10059 Astaxanthin w/ALA. 30 Day Supply- $19.97

Item #10049 Saw Palmetto w/Lycopene. 30 Day Supply- $25.97

Item #40052 Himalayan Crystal Salt. 100g bottle with grinder- $6.97

Item #30005 Dr. Mercola’s Bug Spray. $13.95

Item #2154 Natural Clear Stevia. 1oz bottle- $7.49

Item #2086 Natural Clear Stevia. 1.98oz bottle- $12.49

Item #2192 Mixed Berry Stevia All Natural Sweetener. 1oz bottle- $7.49
Item #2123 **Mixed Berry Stevia.** 1.98oz bottle- $12.49

Item #2116 **Valencia Orange Flavored Stevia.** 1.98oz bottle- $12.49

Item #2093 **Pomegranate Flavored Stevia.** 1.98oz bottle- $12.49

Item#2130 **Creamy Vanilla Flavored Stevia.** 1.98oz bottle- $12.49

www.goutcure.com

References.


* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product.