



Getting Rid of Gout

Bryan Emmerson

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Anyone suffering from this traumatic arthritic condition will fully appreciate the new edition of *Getting Rid of Gout*. Included in the new sections are updated dietary guidelines, including current research on the role of diet in preventing gout, and a description of the new medications available for its treatment.

Bryan Emmerson, a recognised authority on gout, argues that if control of the elevated concentrations of uric acid can be achieved through either diet or medication modifications, gout attacks will cease and there will be no further complications. He goes on to outline how effective prevention of gout requires sufferers to understand their condition, one that can be a result of both genetic and lifestyle factors.

Written in an understandable and sympathetic manner with the aid of diagrams and cartoons, *Getting Rid of Gout* offers sensible advice and dispels the popular fallacies about the nature and causes of gout.

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