Warning!
Enter at Your Own Risk

This ebook contains strong, explicit opinions about the current state of the medical and pharmaceutical industries and will — without a doubt — offend some people.

But for those struggling with gout who are not finding relief with modern, traditional methods — yet want to overcome the problem quickly and permanently — this ebook will be an eye-opener.

(We need to get this out of the way, my lawyer said I have to put this in here and he made me do it)

Always Consult With Your Medical Doctor First in the Event of Any Kind of Physical Ailment.

The information, products, and product information provided in this ebook are based upon my own personal experiences during a trial-and-error process I undertook to stop my gout attacks; and

1. Have not been evaluated by the U.S. FDA and are not approved to diagnose, treat, cure, mitigate, or prevent any disease; and

2. Are for informational purposes only and are not intended as a substitute for advice from your physician or other health care professional, especially if you are nursing or pregnant.
About The Gout Killer

Bert Middleton has earned the title of “The Gout Killer” due to his unstoppable approach to overcoming gout completely and naturally.

His understanding of what gout is, why it happens, and how to deal with it has helped thousands of people worldwide to relieve their gout pain and markedly reduce the number of future attacks.

Bert has lived through the pain of hundreds of gout attacks in nearly every joint in his body, and three surgeries for Tophi on his hands and feet. Given these experiences, his thousands of hours of study and research on gout, and his certification as a Nutritional Therapy Consultant, Bert understands gout and its treatment from a unique, no-nonsense, and effective point of view.

In addition to this ebook, Bert has created a series of educational videos sharing all of the lifestyle changes he made to be completely rid of gout. Click here to learn more about this comprehensive educational program, which far surpasses others available today.
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A Note from the Author

A long time ago, when I was 38 years old, I had no idea what the heck the despicable pain in my ankle was. It all started on a trip back to New Mexico from Texas. I’ll spare you the gory details, but a lot of ice and half a bottle of ibuprofen later, I landed in the emergency room.

That was how my career as The Gout Killer got started. Twelve more years passed, along with an endless string of gout attacks, surgeries for Tophi, a buttload of drugs, and a variety of experiments based on reading whatever I could find about gout. Then one day I woke up and said, “Hey, how come I haven’t had a gout attack for such a long time?” That was the day I knew my world had changed.

I also knew that I’d discovered something important — something that millions of other people suffering from gout would like to know about. It was at that moment I knew I had a responsibility.

So here I am — with all I’ve gone through and all I’ve learned about what gout really is, why it happens, and what to do about it. You can take it or leave it, but it’s worked for me and continues to work for me — and so far, for thousands of others. The millions of other gout sufferers are on the way.

Although I take gout seriously, I have learned that a little humor helps just about any situation, so be warned — I sometimes get a bit carried away!

- Bert
CHAPTER ONE:
The Kill Gout FORMULA

Let’s get right to it - we can talk about all the rest of it later if you want to, but the time is now . . . so let’s Kill Some Gout!

This is the FORMULA I promised you that will exorcise that despicable, satanic and torturous gout attack you now find yourself hostage to.

Here are the ingredients you need:

Baking Soda (BS)
(like the brand Arm & Hammer®)

Apple cider vinegar (ACV)
(like the brand Bragg, With The ‘Mother’)
GOOD
CLEAN
WATER

Ready? Now . . . Get BUSY!

- Baking soda — Mix up ½ to 1 teaspoon in 8 ounces of clean, filtered water and drink it down. Repeat this every hour, on the hour, until you have taken 4 doses MAX!

- Apple cider vinegar — Mix up 2 tablespoons in 8 ounces of clean, filtered water and drink it — bottoms up! Repeat this every hour, on the half-hour, in between the glasses of baking soda and water.

Note: You can substitute the juice of 1 fresh lemon for the required amount of apple cider vinegar in each glass of water if you prefer but the ACV is more effective.
Let me set out an example of how to use The Kill Gout FORMULA:

- 7:00 a.m. — Mix and drink the first glass of baking soda (BS) and water.
- 7:30 a.m. — Mix and drink the first glass of apple cider vinegar (ACV) and water.
- 8:00 a.m. — Second glass of BS and water.
- 8:30 a.m. — Second glass of ACV and water.
- 9:00 a.m. — Third glass of BS and water.
- 9:30 a.m. — Third glass of ACV and water.
- 10:00 a.m. — Fourth and last glass of BS and water.
- 10:30 a.m. — Fourth glass of ACV and water.

You can continue on with the ACV as long as you like, and as often as you like, but not the BS. Remember, you can ONLY do the baking soda for 4 doses total, and you’ll learn why in Chapter Three. Besides . . . there is only so much BS a person can swallow all at once!

Follow the BS and ACV routine above, and your gout attack will start to subside in 2-4 hours and should be gone in about 6 hours.
While you are following the **Kill Gout FORMULA**, incorporate the following to help alleviate your gout attack:

- Elevate the gout-afflicted joint. If possible, get it higher than the level of your heart.
- Take some time to relax.
- Get lots of sleep.

**Some important things you need to know about The Kill Gout FORMULA**

1) Baking soda (BS) is glorified salt, so you can’t just go **crazy** with it. Too much salt is definitely a bad thing for many different reasons. They say it causes high blood pressure, which helps the pharmaceutical companies sell more pills.

2) Baking soda helps **dissolve** the uric acid crystals that play a big part in gout, so you can get them out of your body faster. It also helps the uric acid stay in soluble form and not crystallize.

3) **Unintentional Chronic Dehydration** (UCD) is common in people with gout. Drinking this amount of water within this relatively short time frame helps rehydrate your tissues and flush out toxins, especially if you **use high-quality filtered water**.

4) **Ibuprofen** (and similar painkillers) can have serious side effects, including acute renal (kidney) failure. If you use it, be careful — it’s not candy. In fact, ibuprofen is far more effective **after** you’ve completed the **Kill Gout FORMULA**.

5) In the future, as soon as you feel a little **tingle** or **ache** of what might be gout, get started with the Kill Gout FORMULA — the sooner the better. If you let a gout attack set in deep, it may take longer to get rid of it.
There you go ... I told you the Kill Gout FORMULA was simple.

Are you disappointed?

Perhaps you were expecting some expensive, complicated miracle cure? If so, I apologize. You could call or email me to tell me how ripping mad you are about how easy this was, but last time I checked, “easy” is a good thing. And aren’t we all looking for an easy way out of gout pain?

Note: The Kill Gout FORMULA will end a gout attack, but it will not permanently get rid of gout.

The Kill Gout FORMULA is a way to get your body out of the immediate gout pain, but it’s NOT the way to keep you permanently out of ...

THE GOUT ZONE

... that place where you constantly hover just below the boiling point of your next gout attack.

What this means is:

You are in for a life sentence of gout

If all you do is get rid of this current gout attack and then do nothing to prevent the next one!
And here is even more bad news:

You already know that gout hurts worse than childbirth (or so I’ve been told by female sufferers) and it can make you wonder if life is worth living. But did you know that gout is simply a wicked, painful omen of worse things to come, such as diabetes and heart disease?

**If you think gout hurts, just wait until you have a heart attack!**

If you don’t want to have a heart attack, and you don’t want to live the rest of your life hovering around in the Gout Zone,

I’ll show you later on where you can learn more about how to avoid a heart attack and eliminate gout from your life completely.
But for now, there you have it. Your gout attack is history. You can get back to doing all the things you usually do (which, by the way, brought the Wrath of Gout down upon you). So, see you later and have a nice life.

What? You want to know more?

Most people just want a quick fix, but if you’re really ready to kill some gout, keep reading for the rest of the story.

Let the real gout killing begin ...
CHAPTER TWO: WHY WESTERN MEDICINE CANNOT HELP YOU

❖ The Obsession With Purines and Uric Acid

When you first learn you have gout, everyone tells you to stop eating red meat and stop drinking beer or red wine, right?

You are also told to avoid all high-purine foods like shellfish, liver, sardines, sweetbreads (whatever the heck those are) and brains. Sorry dude, you’re going to have to stop eating brains!

Here’s why.

Purines are a chemical compound found in all foods, some more than others. When purines are broken down (that is, digested and metabolized), uric acid is a by-product of the process.

We’ve all heard that uric acid is the primary culprit behind gout, right? It’s uric acid crystallizing in our joints that causes those show-stopping gout attacks. At normal levels, uric acid exists in a dissolved state in the blood. But when it crystallizes, uric acid clumps together, forming sharp, needle-like shards that poke into the tissues of your joints ... and it hurts like walking on hot glass.
Western medicine believes that gout control is all about controlling your uric acid.

End of story. They tell you that the only way to be rid of gout is to become a vegetarian and take a variety of pharmaceutical drugs. Right? Wrong! Take it from me — that’s total BS (and I don’t mean Baking Soda).

For 13 years, I did what Western medicine told me to do. I became a vegetarian and took all the recommended drugs — and I still had horrendous gout attacks a couple of times each and every month. Through trial and error, I discovered that there is way more to the story than Western medicine wants you to know. And I’m going give it to you straight, right here and right now.

**But first, let’s clarify something ...**

I’m not saying that purines aren’t part of the gout puzzle. **They are.** Purines in foods do add to your uric acid overload. It’s important to learn which foods are crammed full of purines so that you can make a well-informed decision about when — and if — you want to eat them.

In my online program called **Kill Your Gout FOR GOOD,** I provide an exhaustive, detailed list of high-purine foods and low-purine foods, along with other gout diet recommendations based on what has — and what hasn’t — worked for me.

❖ **The Focus on Genetics**

The other part of the story that Western medicine would like you to take to the bank (theirs!) is that you are one of those unlucky souls just plain doomed to get gout because of **genetics.**
Yes, it is true that some people do have a genetic tendency toward gout. So far, scientists have discovered three different genes that potentially contribute to gout — the ABCG2, SL17A3, and SLC2A9 genes.

But here’s the really interesting part. For the most part, those genes show up in the unlucky folks “Down Under” in Australia and New Zealand. Sorry dudes — for those of us living in the U.S. and elsewhere in the “Up Over,” we can’t blame our genes.

After digging and digging through all kinds of research, I found that these so-called gout genes exist in only about 10% of gout sufferers the world over.

It’s all because of you and your wicked ways!

After digging and digging and digging through all kinds of research, it appears that only about 10% of gout sufferers the world over, have these so-called “gout genes”.

That means that 90% of all gout sufferers can’t blame genetics — or their mommies and daddies — as the source of their gout.

❖ Attitude

The best way to get healthy is to improve your ATTITUDE while eliminate your ACIDOSIS.
To begin to deal with gout, you have to accept the fact that up until now, you have been led to believe that Western medicine is the only solution available to deal with any health issue.

First, let me define what I mean. When I use the term “Western medicine,” I’m talking about the existing business-based medical system. This includes:

- Pharmaceutical companies;
- Universities that perform research on behalf of pharmaceutical companies;
- Doctors who prescribe pharmaceutical drugs; and
- Medical malpractice insurance companies who mandate that doctors must prescribe these drugs.

Yup. Pharmaceutical companies fund university research, but only for projects they believe will result in marketable drugs. No significant money is spent anywhere to seriously research common-sense, all-natural gout remedies or treatments that cannot be readily sold for big bucks.

The whole system exists for the purpose of making money.

To make matters worse, our tax dollars are policing this whole thing. The FDA has issued a legal gag order mandating that the words "cure," "treat," and "diagnose" can only be used by pharmaceutical companies.
This is why every herbal remedy and vitamin bottle you pick up — not to mention this ebook — has one of those bewildering disclaimers along the lines of, "This product is NOT intended to cure, treat, or diagnose such-and-such disease."

Everyone knows that those herbs and vitamins are being offered for the purpose of treating, preventing, and even curing various diseases, but the manufacturers are prohibited from saying so.

This effectively casts a shadow of doubt on the validity of various natural, holistic, and non-pharmaceutical health products, making consumers wary of anything not prescribed by a doctor.

**Television**

Enter the TV advertising industry. Did you know that the average American watches an average of eight hours of TV per day?

That’s eight hours a day where people willingly allow their brains (while in a receptive alpha state) to be influenced by whatever programming and commercials are placed before them.

Have you ever stopped to wonder who decides which programming and commercials are placed on TV ... and why?

I’ll give you a hint — it has something to do with money. In essence, TV programs are just fillers to go in between the commercials.
The goal is to keep you from changing channels or turning off the tube, so you will keep tuned to those brainwashing commercials for as long as possible.

That’s right — TV stations stay in business thanks to the income made off commercials, while the programs themselves are expenses.

**Stay with me here, I’m coming around the bend with this rant.**

So the next question is, which industries pay TV stations the most money to air their ads? Could it possibly be the pharmaceutical industry?

Now that you’ve heard this, I will bet you start to notice that every time you watch TV, you are in fact bombarded with zillions of pharmaceutical ads.

And every one of those ads is required by the U.S. FDA to make this statement:

> “Ask your doctor whether this drug is right for you.”

Yeah, sure, now after watching 8 hours of TV per day and unwittingly brainwashing yourself by viewing several dozen pharmaceutical ads *per day*, all telling you to go to your doctor . . . what do you do?

**You go to your doctor!**

And when you go to your doctor, what does he or she do?
They spend about 6.5 minutes — with the timer on — running you through a checklist of questions. Then they make an official diagnosis and write you a prescription for a pharmaceutical.

**Ask yourself this:** When was the last time you went to your doctor and were not given a pharmaceutical prescription?

Now, stop and put yourself in the shoes of that doctor. He or she went into medical school most likely for one of two reasons: either to help people or to make money. Either way, it doesn’t really matter.

What matters is that no doctor in America is going to practice medicine without having medical malpractice insurance.

Otherwise, all it takes is one wing-nut of a patient to sue them to smithereens, and they lose the house, the fancy car, the membership at the country club, etc.

Pretend now that you’re a doctor reading the fine-print of your medical malpractice insurance policy. It basically says that you must prescribe *such-and-such* pharmaceuticals when your patient “presents” with *such-and-such* symptoms. And if you don’t, we won’t cover you in any lawsuit that comes along.

So here is this well-meaning doctor who has spent years and years in medical school learning how to help you — sort of — and is now being told by his or her insurance company how to practice medicine.

Have you ever met a doctor who is completely infuriated and frustrated by the system? I have — lots of them.
I don’t want you to think I have no appreciation for Western medicine and/or medical doctors. Some of my best friends are doctors (and that’s not just a trite saying), and Western medicine is awesome at managing trauma and diagnostics.

However, your doctor’s malpractice insurance carrier, together with the pharmaceutical industry, have turned your doctor into a legalized drug pusher.

Are you starting to get the picture here? It’s a big money-making machine that is buttoned up tight, with you in the middle of it clutching your big toe!

**Step-by-step, it goes like this ...**

- You get sick. In this case it’s gout, but it could be anything.
- You stay in bed and watch TV all day.
- The ads tell you that you probably need a drug, but you better go ask your doctor first.
- So you ask your doctor, and sure enough, he says you do need this drug.
- And since you’re already suspicious about all-natural remedies, you take the drug and hope for the best.

**After all ... you’re just following doctor’s orders!**

Beyond the profit focus, the bigger problem with Western medicine is that it is based upon a belief in an approach to problem-solving called “reductionism.”

This is where you break a problem down into its individual components, isolate the broken part, and mechanically fix it — in this case, using pharmaceuticals.
This approach is great for fixing cars, but for human bodies it doesn’t really work.

The human body is an integral unit full of mystery and wisdom, and when you isolate and fix one thing, it tends to upset the balance throughout the rest of the body.

The problem with focusing only on uric acid to fix gout is that uric acid is not the only acidic substance contributing to gout. Just because you inhibit the production of uric acid with pharmaceutical drugs, it does not mean you’ve dealt with the bigger picture of acidity — the acidosis that your kidneys are struggling to manage.

On top of all that, did you know that one becomes a medical doctor (MD) with absolutely no training whatsoever required in diet and nutrition? Doesn’t it seem odd to you that most doctors know everything about a disease, and what pill or surgery to use to fix it, but no idea how to keep you from getting that disease in the first place?

Think about it.

What’s really maddening is that over the course of history, countless natural remedies have been discovered and refined to treat a myriad of diseases effectively. And many of these inexpensive, common-sense solutions have been obscured and/or outlawed due to the power and influence of multinational drug companies.

An additional tragedy is that so many people have been manipulated, conditioned, and programmed to use drugs as a first line of defense, resulting in a lack of personal responsibility and ensuing ignorance about maintaining one’s own health.
My point is that you do not need to be instantly suspicious of any all-natural holistic health remedy. They have worked well for thousands of years. You can be gout-free and pharma-free at the same time.

However, you most certainly should be very suspicious of the profit-driven modern medical system, whose prime motive is making money.

The main point is that you alone are responsible for your health — not your doctor, not your insurance company, and certainly not Big Pharma.

And that is the end of my rant!

Now let’s answer the big question on everyone’s mind:

What Really Causes Gout?

CHAPTER THREE:

WHAT REALLY CAUSES GOUT

❖ Acidosis

You have probably never heard of acidosis, but I’d wager it is the root cause of many common health problems. I know for a fact that acidosis was the root cause of my own gout.
Here’s the deal: Our current medical system tells you that an overload of uric acid is the sole cause of gout. I found out the hard way that this is simply not true.

I took every pill pushed on me to control my uric acid and I STILL had horrible gout.

It was only when I broke free of this tunnel vision, and started to see the bigger picture of “acidosis” . . . that was when my gout went away, completely and permanently.

Acidosis is the condition where your overall body chemistry is too acidic. This is NOT just about uric acid, it includes all kinds of other acids from all kinds of different sources.

It was only when I broke free from this tunnel vision — and started to see the bigger picture of acidosis as it relates to cellular health — that my gout went away, completely and permanently.

Acidosis is a condition where your overall body chemistry is too acidic. This is not just about uric acid — all kinds of other acids from all kinds of different sources are involved.

Let’s start with a little chemistry review. Think back to Grade 8 chemistry class, where you learned that acid is the opposite of alkaline in relation to the pH scale of 0 to 14.

0 is totally Acidic — 7 is Neutral — 14 is totally Alkaline (or Base)

The pH scale is logarithmic, which means that a substance rated at 6 is 10 time more acidic than one rated at 7. Likewise, a substance rated 5 is 100 time more acidic than the one rated 7. Each step up or down the pH scale results in a ten-fold increase or decrease in acidity. Get the picture?
Just to give you a reference, the pH of blood must be between **7.35 and 7.45** — slightly alkaline — or you’re dead. However, most of us regularly consume foods and liquids that range between 4 and 10 pH. This means that our body has to work hard to keep our blood in that narrow 7.35-7.45 pH range to keep us alive.

Other body tissues also have ideal pH ranges. Saliva and urine usually fluctuate between 6.0 and 7.0, depending on the time of day. The pancreas likes to be about 8.8, while your stomach gets all the way down to 1.5 when digesting food — similar to the pH of a car’s battery acid.

The main point here is that your overall body pH is a sensitive and critical factor in keeping you alive and healthy.

This explains why the Kill Gout FORMULA *works*.

It quickly *raises* the pH of your body chemistry, because baking soda is extremely alkalizing.

The apple cider vinegar and/or lemon juice are *alkaline-forming* once they get inside your body — despite being acidic before you ingest them.

Body chemistry is quite complex, and different fluids and organs operate at different pH levels, but simply put — if your uric acid is out of control, then your overall body chemistry will be too acidic. Under these circumstances, moving your body chemistry in a more alkaline direction is necessary right now.

In the “Additional Artillery” chapter later on, I will give you a long list of steps to take to help raise your body and blood pH.
Acid Vs. Acid Waste

Dr. Theodore Baroody, says it like this in his book, “Alkalize or Die”:

"The countless names attached to illnesses do not really matter. What does matter is that they all come from the same root cause . . . too much tissue acid waste in the body!"

That’s right, he said “acid waste.” So what’s the difference between acid and acid waste?

Acid is what you pour down the hatch with every Red Bull and Dr. Pepper, and acidic waste is the acid that should have been urinated out. Instead, it was trapped inside your body — at the cellular level — and stayed behind to do its corrosive dirty work.

Acid waste in the tissues
That’s what’s at the root of it all . . . especially gout.

The simple solution? Take on less and get rid of more.

- Do things that don’t add to acid intake; and
- Do things that help eliminate acid waste.

Too much acid intake + not enough acid elimination = ACIDOSIS

Let’s take these one at a time.
1. **First, how does a person take in too much acid?**

There are two main categories of sources:

**Items we ingest:**

- Most foods and drinks in boxes, bags, cans, and bottles
- Carbonated, sugary-sweet drinks
- Chemically-treated water
- Stimulating drinks (alcohol, coffee, Red Bull, etc.)
- Pesticides, hormones, and antibiotics
- Recreational drugs
- **Pharmaceutical drugs** (yes, they are acidic)

**Environment/Lifestyle sources:**

- Negative thinking, stress, and anxiety
- Dehydration
- Poor sleep habits and lack of sleep
- Over-exertion (e.g., damaging extreme exercising)
- Toxic chemicals (e.g., cleaners, solvents, fuels, finishes)
- Polluted air (e.g., smoking, car exhaust)
- Poor, shallow breathing habits

*The list goes on and on, but I’ll stop here.*

*Do you get the picture?*

(Note — I go into a lot more detail on all these variables in my program [Kill Your Gout FOR GOOD](http://www.KillYourGoutNOW.com).)

In fact, pretty much everything in our modern lifestyle **adds to** our acid load.
2. Second, how does a person not eliminate enough acid?

Our bodies have a number of pathways of elimination that we are all aware of. Let’s talk plainly — we produce pee, poop, sweat, snot, and other excretions through which we expel and eliminate acidity.

If these pathways and their associated organs (kidneys, lungs, lymph, skin, the digestive system, etc.) don’t perform well, leftover acid waste builds up because it is not being eliminated efficiently.

You become a walking, talking skin-bag of acid waste.

Doesn’t sound too attractive, does it? But let’s go back again to Grade 8, this time to biology, to see how ingenious that skin bag (keep in mind that we’re talking about your body here) really is. Visualize how your body is organized:

1) Your body is made up of systems (e.g., respiratory system, nervous system, circulatory system, excretory system).

2) Each of those systems is made up of specialized organs (e.g., lungs, brain, heart, kidneys).

3) Each of those organs is made up of specialized cells (e.g., lung cells, brain cells, heart cells, kidney cells). In fact, your entire body is a community of about 70-100 trillion cells!
4) Each of those cells has a specialized function, but all cells have some things in common. For example, each cell has fluid inside it called the **intracellular fluid**. It also has fluid outside it called the **interstitial fluid**.

> Each cell is sort of floating in this interstitial fluid.

5) Each of those cells also has a wall, or membrane, that separates the inside of the cell from the outside. This membrane is truly incredible — it is **semi-permeable** and designed to let fuel and nutrients in and waste or byproducts of that fuel and nutrients back out.

As a kind of gatekeeper, the membrane filters what goes in and what goes out, and is continuously busy trying to keep your cells healthy.

**Now here’s the important part!**

**Pay Attention!**

Sometimes the cell wall, or membrane gets **damaged** and does not function well. If this happens, then it doesn’t let the things in that it should (like the healthy nutrients and fuels), and it won’t let the bad stuff (the acidic wastes) back out.
6) Each of the cells in your body is a tiny living organism.

As such, each one eats and poops. The cell membrane allows food and water in, where it is digested or burned.

As you know, when anything is burned, by-products such as ash and other wastes result. In the case of our body’s cells, this is often acidic waste.

Acidic waste is a normal by-product of our cellular functioning, but if the cell wall is damaged, then this acidic waste is trapped inside the cell and builds up.

Think of it as cellular constipation. Your cells want to take a poop, but they can’t.

This build-up of trapped acidic waste is the root cause of all disease, especially gout.

According to Dr. Baroody, this build-up of trapped acidic waste is the root cause of all disease, especially gout.

I can hear you asking: "OK, but how is the cell membrane damaged?"

Now you’re asking the right question, Grasshopper!

The answer is free-radical damage. All that acidic waste (AKA, cellular poop) has been building up for the last 20, 30, or 40 years, and has trashed your cell membranes.
The acid waste is a source of potent free-radical damage and cellular oxidation, which is a complex subject beyond the scope of this book.

For now, all you need to know are two things:

1. Free-radical damage to those cell membranes is prevented and repaired by antioxidants; and

2. Most alkalizing substances also just happen to be full of antioxidants.

Understanding the cellular perspective shows that the issue of acidity is a huge double whammy — not only can lifestyle habits fill you up with acidity, but that very acidity throws a monkey wrench into your body’s ability to eliminate that excess acid waste. Diabolical, isn’t it?

But what does all this have to do with gout? Remember, gout is the result of too much overall acidity in the body — not just uric acid — creating a severe state of acidosis.

To reverse acidosis, you need to do two things:

1) Stop adding more and more acidity to your body; and
2) Help the acidity that’s already in there to get out.
Stop the Acidity Madness

Many ways exist to stop adding acidity to your body — and giving yourself gout in the process — but this topic covers way too much information to cover in this ebook.

Besides, this ebook (Kill Your Gout NOW!) is about killing your gout — NOW!

And the video program *Kill Your Gout FOR GOOD* is about killing your gout — FOR GOOD.

So if you are ready to be done with gout permanently, you can learn more about the online video program at [Kill Your Gout FOR GOOD](http://www.killyourgoutnow.com).

What about the second part? How can you eliminate the acidity already inside your body?

**Kidneys: The Main Gout-Fighting Organ**

Elimination is largely, but not exclusively, about kidney function. The kidneys (or “kidney” in my case, since aliens got the other one 😎) do a lot of different jobs for the body.

The kidneys:

- make urine;
- remove wastes and extra fluid from the blood;
- control the body's chemical balance (pH);
- help control blood pressure;
- help keep bones healthy; and
- help make red blood cells.
All are important, but let’s focus on the waste removal and pH chemical balance parts.

The kidneys are the primary organ that removes cellular waste and regulates the body’s pH — acid vs. alkaline. As such, your kidneys need to be functioning in tip-top shape for you to be done with gout.

The image above shows us that the kidneys are filters. They filter the blood, keeping it clean by removing acid waste via urine. They also keep blood in the correct pH range.

✧ Gout: The Disease of Kings

Here’s a great story about kidney health and how it relates to gout.

Once upon a time, in jolly old England, those at the top of the social ladder who hung around the royal court liked to live large and had the bucks to do so.

Each one was determined to out-party the others and throw the biggest and most outrageous gatherings in all the land as often as possible, to impress royalty and each other.

They had all the beef, duck, pig, grouse, goose, lobster, shrimp, and foie gras you could shake a stick at.
But that was nothing compared to the hooch they could swill. Whiskey and ale, beer, wine, EverClear, you name it, they had it. Their parties were not to be missed. Dancing, costumes, jewels as party favors, 77-course celebrations, and the law said you had to eat each course.

Then one day, they all started to show up with big, fat, red, swollen toes and they figured it was from hitting it hard, day after day, night after night.

What they didn’t snap to, however, was that since Roman times mankind had used the metal lead in all kinds of things. They were making jugs, plates, forks and knives and spoons, and all kinds of objects to store stuff in, eat off of and drink out of from lead. Even worse, wine stored in lead combines to produce a sweetener that made the wine even tastier. As it turns out, that lead got into their food and drink, and from there into their bodies, causing lead poisoning and kidney problems.

They had no idea that lead poisoning caused poor kidney function and kidney failure until much later on.

ANTIQUE WINE VESSEL
. . . MADE OF LEAD!

So the moral of the story is that while wild parties probably don’t promote optimal health, neither do toxic chemicals that come from the most innocent of places, like wine goblets made from lead.
As for you, gout boy, what year were you born? Around the time of lead paint, leaded gas, and lead pipes? Think about that.

So, that’s the real story of how gout became known as “the disease of kings.” However, due to the exposure to lead that many of us have had (not to mention our other bad habits), it’s fast becoming known as everyman’s disease (and every woman’s too).

CHAPTER FOUR
Additional Artillery

The Kill Gout FORMULA is made up of the most effective and readily available gout-killing tools at hand. The vast majority of the time, the Kill Gout FORMULA does the trick immediately all by itself.

However, if the gout attack has set in deep — meaning that it began several days, weeks, or months ago — you may need to give it an extra couple of boots to kick it completely out of town.

Depending upon what you have been doing to yourself to make the gout beast get this mad at you, you may need to custom tailor some bigger guns to win this battle. If that is the case, below is a long list of additional artillery options to choose from.

First, a few words about bio-individuality.

How quickly and effectively the Kill Gout FORMULA will work for you depends on several factors:
• How much time the current gout attack has been able to set in.
• What is responsible for creating your gout condition.
• Your current and recent levels of stress.
• Your current and past exposure to toxic environmental chemicals.
• Any pharmaceutical or recreational drugs involved.
• Your current and past habits of hydration or dehydration.

Keep in mind, too, that everyone’s body is completely and uniquely different, with a unique history leading up to this moment in time. As such, a few of the contributing historical factors are:

• The health of your parents before you were conceived.
• The nutrition that your mother supplied you in the womb.
• What you ate as a child and as an adult.
• Toxic chemicals you were exposed to as a child and as an adult.
• How you have managed stress/emotional trauma throughout your life.
• Chronic health conditions like diabetes, high blood pressure, etc.

These are just the tip of the iceberg when it comes to the variables that have led to your unique physiology, as well as which gout home remedies will or will not work for you.

First, I gave you the Kill Gout FORMULA, the strongest and fastest way to terminate a gout attack that works immediately for 99% of people regardless of their bio-individuality.

Next, I’m going to ask you to focus on two home remedies for gout that anyone, anywhere can take advantage of — air and water.
And after that, we’ll hit the additional artillery — a long list of herbal, homeopathic, and topical options that absolutely will have varying results depending on your unique biological makeup. I will also provide links so you can buy these online and have them delivered to your home, in case gout is keeping you from limping to the store — or even to your car.

Keep in mind that even though these are some great options to test drive, because of the bio-individuality aspect, some will work better for you than others, some will not work at all, and some will work for your neighbor but not for you.

**Ready? OK ... Here we go**

**The Air We Breathe**

*Full, deep, complete breathing* is the most underestimated way to remedy gout. Blood becomes acidic — sometimes with uric acid — when blood oxygen saturation drops too low. This is common with sleep apnea and explains why many gout attacks happen at night or you wake up with them.

There is a right way to breathe. But before you start, make a note of your level of pain and the time. Then begin breathing in this way:

- Take a long, slow, big inhale through the nose
- Pause
- Make a long, slow, complete exhale out the mouth
- Pause
- Start over, repeating this process as often as you can for as long as you can — or 20 minutes — whichever comes first.
Now make another note of your level of pain now. Want to bet that you will agree with me over here saying, “What did I tell you?”

The more you can breathe like that, the better oxygenated your blood will become, whether you are awake or asleep. Breathing is the most basic thing about being human, but did anyone ever teach you how to breathe well? Many cultures around the world know the health benefits of good clean air and proper breathing habits, and teach them to their children. If you want to learn more about the power of breathing correctly, you can find a great instructional DVD to get the job done.

The Water We Drink

Water is a nutrient, and the lack of proper hydration is a serious nutritional deficiency affecting people all over the world, even those who have plenty to eat.

In my humble opinion, gout is merely a symptom of a condition called UCD (Unintentional Chronic Dehydration). Let’s break that term down:

- Unintentional — because no one intentionally means to dehydrate their body. A lack of awareness of the utter importance of hydration and a lack of high-quality water capable of providing adequate cellular hydration combine to create this state.
- Chronic — because you have unwittingly been dehydrating your body every single day for a few decades now.
- Dehydration — occurs when your body loses more water than it gains. Continue this on a daily basis, and each and every cell in your body goes from being a juicy plum to resembling a shriveled prune.
If every person were truly hydrated at the cellular level, gout likely would not exist. However, most tap water you drink today is so adulterated from processing to make it “safe” to drink, that it is ineffective at providing cellular hydration. It almost doesn’t matter how much of this type of water you drink — if none of it penetrates the cell membrane to get inside your cells, then you will not be hydrated at the cellular level.

The best water to drink to provide cellular hydration is ionized, alkaline water. Many brands and models of kitchen appliances will convert basic tap water into hydrating ionized water. Not all really work well, and some water ionizers are ridiculously over-priced.

Since I know how important it is to drink ionized alkaline water for gout relief, I bought and tried several different brands and models, and narrowed it down to the one I feel gives the best performance at the best price. You can learn more about it here.

With that said, water can both help knock out an active gout attack and prevent future attacks. The Kill Gout FORMULA involves drinking a serious amount of water, which is part of why it works. So, in addition to the water you drink while taking the Kill Gout FORMULA, be sure to continue to drink ample water. I recommend drinking at least one 8-ounce glass of water every single hour, day and night, until your gout attack is gone. Yes, you’ll be going to the bathroom quite often, but isn’t that a small price to pay to eradicate that gout attack?

Again, learn more about the water ionizer I recommend here.
Two Herbal Remedies to Consider

Nettle root is usually prepared as a tea. It’s a good source of vitamin C and potassium, which work to reduce high levels of uric acid by helping to excrete it. Nettle is very good for reducing inflammation. Stinging nettle is also a diuretic, which will increase urination, so be sure to stay well-hydrated if you use this herb.

Nettle root also lowers blood pressure and blood sugar levels, so before using it, consult with your health care professional if you are on medications for high blood pressure and/or diabetes. You can buy nettle root here.

Devil’s claw comes in the form of tea, capsules, or as a tincture. It helps to relieve gout pain quickly because it helps flush out uric acid and is also very effective at removing toxic wastes. You can buy devil’s claw capsules here.

Three Food Remedies

Bananas are loaded with potassium, an alkalizing mineral that will help to bring your body pH back into balance. During a gout attack, eat 2-3 bananas during the day every day until the attack is done. For prevention, eat one banana a day.

Celery is quite possibly the perfect food as a gout remedy. Packed with alkalizing minerals, celery helps to balance the pH of an overly-acidic body chemistry. It is also effective at reducing the production of uric acid and increasing its excretion.
Various forms of celery will benefit gout — the whole stalks, the seeds, or the extract in supplement form.

Whole celery is wonderful when cooked, but it is most potent as a gout remedy when eaten very fresh and raw. During an active gout attack, eat one stalk of fresh, raw, organic celery every hour until your gout attack is long gone.

Whole celery seeds are almost as potent as fresh, raw celery. They can be sprinkled on salads or soups, and can also be boiled in water to drink as a tea. You can buy celery seed here.

Celery seed extract is not potent enough to help fight off an active gout attack, but it is excellent for gout prevention when taken as a daily supplement. You can buy celery seed extract here.

Cherries are a well-known, scientifically documented food remedy for gout. They work because of the antioxidant and anti-inflammatory properties of the anthocyanins and flavonoids they contain. You can consume cherries whole (fresh or frozen), as juice, or as extract supplements.

Fresh, organic foods are always best, but the fresh cherry season is a short one. And unfortunately, you cannot coordinate the timing of a gout attack with the availability of fresh cherries.

It is a bit easier to get frozen organic cherries at health food stores, but even they are not always available year-round, so load up your freezer when you see them.

A good way to eat whole cherries is with full-fat, plain, organic yogurt. Dairy has been shown to help with gout.
The healthy fats in whole yogurt provide essential fatty acids, which your body uses for prostaglandin production to regulate inflammation. If you have a gout attack, eat 2-3 ounces of cherries with a generous amount of yogurt 2 or 3 times a day.

Bottled cherry juice is available year-round, but it must be kept cold, so it can be inconvenient to carry around. That said, if you are having a full-blown gout attack, drink four ounces of undiluted cherry juice every four hours until a 32-oz. bottle is finished.

To head off an incoming gout attack, as soon as you feel that first little twinge or ache, drink a glass of cherry juice mixed half-and-half with filtered water, and repeat this every few hours.

One word of caution. Don’t make a habit of drinking large volumes of cherry juice, because you’ll be getting too much fructose without the fiber that the whole fruit provides. Fructose, and this type of food processing, are bad for gout.

So, both for the prevention and elimination of gout, it’s a good idea to keep a case of cherry juice on hand at all times. You can get organic cherry juice here.

Probably the easiest way to get cherries down the hatch is through a cherry extract pill. This formulation is not powerful enough to help knock out an active gout attack, but it is excellent as a preventative maintenance supplement. You can get cherry extract supplements here.
Topical Remedies to the Rescue

Epsom salt works wonders to pull the soreness and swelling out of a gouty joint. It helps to neutralize the acidity of the crystalized uric acid in a more localized way.

The alkalizing action of the Epsom salt in warm water soaks right through the skin, into the joint and affected connective tissues. It also soaks into the bloodstream, providing an overall balancing of your body pH chemistry.

During a gout attack, fill a bucket or bathtub with warm water — neither hot nor cold — and stir in a generous amount of Epsom salt. Soak the joint, or your whole body, for about 15-20 minutes. Then wrap the joint in towel-covered ice-packs for another 15-20 minutes. Alternate back and forth between these two treatments as often as possible until the gout attack is gone. You can buy Epsom salt here.

Aloe vera gel is another topical treatment that can pull the heat, redness, and soreness out of a gouty joint. The hot and inflamed surface and sub-surface tissues can be cooled, soothed, and relieved by the magic of aloe vera — just as you’ve probably used it for sunburn. Make sure you use 100% pure, organic aloe vera gel. It should be available at any natural food grocery store, or you can buy aloe vera gel here.

Dried peppermint leaves work well to decrease inflammation. When made as a tea, the peppermint has a mild systemic anti-inflammatory action, but applied topically, it is a potent localized anti-inflammatory agent.

To apply topically, follow these steps:
1. Collect some large towels. This will be a bit messy, so be sure they are ones that you don’t mind being stained.
2. Lay out a sheet of plastic kitchen wrap (Glad Wrap or similar) that is large enough to wrap twice around the gouty joint.
3. In a bowl, mix a large amount of the dried leaves with just enough cool water to form a paste. Spread a half-inch-thick layer onto the sheet of plastic wrap. Make the paste layer large enough that it will cover the entire joint when wrapped around it.
4. Carefully pick up the plastic sheet and wrap it around the joint so that the paste covers it all the way around.
5. Rest with the paste in place for 10-20 minutes.
6. Remove the wrap, and rinse the joint with cool water.
7. Repeat 2-3 times per day until the gout attack is gone.

You can buy bulk quantities of dried peppermint leaves here.

❖ Homeopathic Remedies to Consider

Homeopathic remedies can be subtle — but effective — gout remedies. Homeopathy is often misunderstood, because it is based on the concept of “like cures like,” and many of the herbs used in homeopathic remedies are actually poisonous when taken in large doses. However, when taken in small therapeutic amounts, they can trigger a healing reaction from the body.

Colchicum Autunnale in the homeopathic form is a safe and effective gout remedy. This remedy is made from the Autumn Crocus plant, which the pharmaceutical industry also uses to make the drug Colchicine. Take note — NEVER use an herbal formula of this plant, because the amount of colchicine contained in just 2-3 seeds of the plant is enough to kill you.
However, the homeopathic remedy is so thoroughly diluted that it is completely safe to take, and quite effective. You can [get homeopathic Colchicum Autumnale here](#).

**Arnica Montana** is also a very popular homeopathic remedy well-known for relieving the swelling and inflammation of a gout attack. It can be taken orally (in pellets) for a mild systemic effect, or used topically in a cream or gel for a more potent localized benefit. You can [buy homeopathic Arnica Montana here](#).

**Belladonna** is another great homeopathic remedy for gout that works mostly on the vascular system to reduce heat, redness, and swelling. It also affects the nervous system to help with the stress and pain of a gout attack. Like all home remedies, Belladonna works best the earlier in a gout attack it is used. You can [buy homeopathic Belladonna here](#).

**Supplements, Vitamins, and Minerals That Help**

**Vitamin C** is an important supplement to take during a gout attack. It works in three ways — helping the body eliminate uric acid, helping detoxify blood and lymph so that uric acid is easier to flush away, and aiding in rebuilding connective tissues damaged during a gout attack.

Take 1,000-2,000 mg. of vitamin C each day while battling a gout attack. [A good source of vitamin C is found here](#).

**Quercitin + Bromelain** — Quercitin is a flavonoid found in many foods, such as apples and berries. It works best when paired with Bromelain, an enzyme found in pineapples. Both are well-known for helping to reduce inflammation. Many companies offer supplements that include these two phytonutrients — [buy a quercetin/bromelain supplement here](#).
During a gout attack, take one capsule three times per day, until the attack is gone. For gout prevention, take one capsule daily.

**Lithium** has only recently been recognized as a remedy for gout, but for more than a century, it has been known to be effective at dissolving uric acid crystals. Although it comes in various forms, lithium orotate is the most well-tolerated and easy to find. During an attack, I recommend taking 20-30 mg. a day. **A source of this form of lithium can be found here.**

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**Obscure Remedies to Consider**

**DMSO** — Personally I have never used DMSO for gout, primarily because I didn’t know it might help.

I did use once in the 1980s after a particularly nasty crash on my skis. I had to do my restaurant waiter job that night, and needed some pain relief that would kick in fast. My friend offered me some of his DMSO cream, which soaked right in and magically removed the pain instantly. This stuff worked so mysteriously well, it kind of freaked me out.

Since I became The Gout Killer, I’ve had several conversations with people who have told me it worked like a charm to relieve their gout pain. However, DMSO is primarily used as an industrial solvent, and its use as a health aid is highly controversial. Before you try it, I am going to insist that you do your own research on this one. As such, I am not formally recommending its use, but I would feel remiss if I didn’t even tell you about it. **You can find DMSO on Amazon, so here it is.** If you do wind up using it, please let me know whether or not it worked for you.
**KINOKI Foot Pads** are another gout remedy that I have never personally tried. Other people have told me these pads knocked out their gout overnight. I’ve done a little research on them, and the theory is that the ingredients in the pads cause the kidneys to eliminate more toxins, which includes excess uric acid.

However, I also learned that the original product was made using bamboo vinegar that had been aged for over 9 years, while the current commercially available product is completely inferior. So, this is certainly a case of “buyer beware.”

As such, I can’t directly recommend that you use Kinoki Foot Pads, but given the low price I certainly wouldn’t blame you for giving them a try. If you do, please let me know whether or not they worked for you.

You can [buy Kinoki Foot Pads here](#).

And so this wraps up the part of the Handbook listing all the possible gout home remedies I can hand you in one go around. But even after all that, I can still hear you saying:

“I want to know more!”

**So let’s get right down to it:**

**Do you want to know the ultimate cause of gout?**
CHAPTER FIVE:
The Ultimate Cause of Gout

The ultimate cause of gout is that faint noise you can hear whispering in the back of your mind — your own voice saying, “But it’s not my fault!” To a certain extent that may even be true, because before you could even walk, the brainwashing had already begun.

You have been led to believe by mommy and daddy, science and religion, your Grade 3 teacher, your boss, your doctor, your wife, your dog, AND your cat ... that you are a victim. You really have very little, if any, control over your life and that bad things just happen to you.

Well, Hallelujah Brother . . . Those Days are Over!

Because, after reading this handbook, you now know two things:

1) Managing gout is all about controlling the overall acidity of your body chemistry — not just the uric acid.

2) You — and you alone — are responsible for taking control of your life and conquering your own gout.
May I be the first to offer you huge congratulations! Doesn’t it feel great to slip into the driver’s seat of your own life? Yes — it’s time to celebrate the new you!

But wait — there still is one little problem. Could it be that you actually have no idea exactly how to get rid of your gout?

If you’ve been battling the gout beast for a while, maybe you think you have been doing the right things. But since it keeps coming back, have you considered the possibility that you might be doing the wrong things?

What I’m talking about here is a basic lack of accurate knowledge.

If you’ve been taking advice from your mother, father, brother, co-worker, neighbor, or even your doctor — none of whom have had gout and then actually gotten over it — then you are learning from the wrong teachers.

I believe I am qualified to say this because (as I said earlier), I’ve had hundreds of vicious gout attacks, three surgeries for tophi, and have spent thousands of hours studying and learning what gout is, what causes it, and how to eliminate it.

As a result, I no longer have gout.

Yes, it is true. I do know gout pain, and I do know how to get rid of it — permanently. And I want to impart that knowledge to you.
So if I pass you the ball, will you catch it and run with it?

Was that a “yes”? Right on!

At least a “maybe”? OK. Let’s just say, theoretically, that you’ve read every word in this handbook and stuffed your brain with all this Kill Your Gout NOW wisdom. So what? You’re nowhere near done. That big, brand-new, updated brain is useless all by itself if you don’t take action.

Sadly, my experience is that everyone wants all the information on how to be done with gout, but they never put it in play.

Is that you?

You, me, and almost everyone else on the planet has the same stupid way of doing this. We want to be done with the pain, so we run out there and learn everything we can about what to do, and then we actually do nothing!

So my biggest challenge is getting you to put this great gout wisdom into action, but here is the greatest obstacle to doing that — you and your locked-in ways and good intentions that never get acted on.

That’s why you still suffer from gout. For 30, 40, or 50 years now, you’ve been doing the same old destructive things over and over again, watching yourself get gout again and again. Duh!
Was it Einstein who said "The definition of insanity is doing the same thing over and over again, while expecting a different result"? I actually think this is the definition of laziness!

I know you don’t want to keep suffering from gout. And now we both know that you are not a victim of gout — in reality, you’ve been unwittingly giving yourself gout.

So what exactly is it that keeps you from changing those wicked gout-giving ways? Inertia, momentum, misplaced intentions, and maybe a dash of good old-fashioned laziness (it’s only human, after all)!

OK. Rant over. Since you have read this far, maybe there’s hope for you yet. Maybe you are at least considering manning up (or womaning up), getting off your butt, and changing your life to eliminate gout forever.

Earlier I told you that the Kill Gout FORMULA in this ebook will get you over your current gout attack — and get you through future ones too — but it will not prevent future gout attacks.

So if you never want to suffer from gout again, a bit more learning is needed.

Once I had figured gout out for myself, I realized that given human nature, I needed to take all my hard-earned gout wisdom and break it into two programs.

This Kill Your Gout NOW! ebook is meant to help those gout sufferers out there who just want a quick fix, and for some crazy reason are not motivated enough to learn how to actually prevent future gout attacks from happening.
And then, my Kill Your Gout FOR GOOD online program is for those rare and intelligent beings who refuse to live life as a victim in a constant state of fear, wondering when the next gout attack will descend upon them.

I’m talking about people of the highest caliber — those who are ready to assume command of their own ship and become a true gout killer.

It’s time to choose.

I’m going to ask you to take a good, honest look in the mirror and decide for yourself which type of person you are:

- Are you someone who would rather keep on having gout attacks over and over again, and just beat them down one after another? OR . . .
- Are you someone who would rather learn how to never have another gout attack as long as you live? Permanently get rid of gout? I mean, totally say sayonara to gout for good?

If you answered “yes” to the second question, you are a stealthy and savvy leader blessed with a gout killer instinct. You have just taken the first step toward killing gout once and for all, and that is …

To decide to just do it!

So if you are indeed one of those destined to be a Gout Killer, click here to charge ahead with

Kill Your Gout FOR GOOD
A NO-BS Online Program On How To NEVER GET GOUT AGAIN.
Right on brother — you are about to bust out and become part of
The Gout Killer Tribe of Renegades!

It’s all you! It always has been, and it always will be! And there will be no room for gout in your Great Big Gout Killer World. You are grabbing the gout bull by the proverbial horns and hanging on for the full 8 seconds. Gone will be the days of following the crowd, being a sheep, and drinking the Kool-Aid. You might have been beaten up and left for dead by gout in the past, but those days will soon be long gone.

“Live Life and Go Big” will be your new mantra, and when you start living like the super-hero that you and I both know you really are, gout will be nowhere in the picture.

But, if you didn’t say “yes” to that second question, don’t feel too bad. I know that most people never even make it this far in this book.

They’ve been so programmed and conditioned to think that pills and drugs are all they need to be healthy, so they’ll crawl to their grave with a huge red toe, all the while following doctor’s orders like good little sheep.

Worse, their vision of “healthy” is a sad and sorry picture. They’ve completely forgotten what it felt like to be young and invincible and have long since given up hope of living the rest of their life feeling like a million bucks, full-on, and full of energy, day in and day out.
Let me ask you something.

You bought this ebook because you are having a gout attack right now, correct?

Here’s my worry. After the pain of this gout attack goes away, the relatively small pain you may have felt spending the money for this ebook will also disappear.

If you had parted with $500 or $1000 dollars for this information, you would probably seriously consider trying everything I’m telling you to do. But since it was only a few bucks, by this time tomorrow, you’ll be back to the same old crap. In a few hours, or a few days — depending on how diligent you are — the intense pain of your gout attack is going to fade into memory and you will be back to old habits. Some of you will even be back at the bar drinking beer, eating burgers, and doing shots.

And then, by this time next month, you’ll be on the floor again, writhing in pain, crying for mommy, and swearing you’ll do anything to make the pain stop and you’ll do anything to never feel that gout pain again.

Why would you do that to yourself? I think it must just be human nature that the obstacle to taking action is that it’s just not painful enough.

I’m going to help you.

First, I’m going to ask you to remember that gout is just a heads-up for heart disease and diabetes — a painful omen of worse things to come.
It’s not a big stretch to tell you that most guys with gout are facing a probable heart attack by the age of 56 — ending up at just another statistic. The last thought they’ll ever have is, "That Bert dude was right ...”

Second, I’m trying like heck to help you, and you’re over there (cynically) wondering why I would even care.

**I’ll tell you why.**

I wouldn’t wish gout on my worst enemy. I wasted months and years in agony from gout. It was pure living hell for 13 years. During that time, I tried everything to stop the gout attacks. And one day I woke up and realized something was different — I hadn’t had a gout attack in months, and my constant fear of the next attack had faded away!

I had discovered — well, more like stumbled upon — this no-brainer way of living without gout. It actually kind of surprised me that after all those years, I had finally cracked the gout code. I was happy as a pig in a blanket to have finally found an end to my gout misery.

Mind you, I sure didn’t find this relief in any of the medical mumbo-jumbo and blogger BS I found online, which didn’t work any better than the worthless Big Pharma drugs I was on.

So thinking that there are likely plenty of other people out there in the same situation, I decided to take what I had learned, package it all up, and make it available to others — to let the cat out of the bag so to speak — and lay out the exact steps I took to kill my gout for good.

My Kill Your Gout FOR GOOD online program is the exact roadmap that has left me gout-free for the last several years. Now it’s my mission in life to share it with you and all the other miserable gout sufferers the world over.
After pouring my heart and soul into years of agonizing research, not to mention a whole mess of plain old trial and error, then writing, and re-writing, and re-re-writing a bunch of books and programs, I finally boiled it down to what I did that led to freedom from gout. These simple, easy-to-follow steps are actually so simple, that anybody can do them.

This really is a no-brainer.

So, if you truly are someone who is ready now to give your gout one final kick in the butt, never to be seen again, then let’s put the last nail in your gout’s coffin!
But if you are one of those “inquiring minds” types who is curious but wants more details before you’ll go get more details, let me give you the gist of the program.

- **First**, you’ll get my all-encompassing “7 Secrets to Gout Freedom.” Here you will discover seven simple tricks to reduce your overall body acidity, which you must do to thoroughly eliminate gout. Remember, it’s not enough to just “manage” uric acid like Big Pharma wants you to believe.

- **Second**, I’ll lead you on a total “Mindset Makeover” where I show you how to lock in the **winning attitude** for conquering gout. It’s all about having the guts and backbone to rise to the occasion so that you can dominate over gout.

- **Third**, you’ll receive my personal mentorship for crafting your very own “Personal Action Plan.” You will draw up a “Right-For-Me-Roadmap,” customized to fit the realities of **your own life**, laying out step-by-step **exactly what to do to** become your own Gout Killer.
There is much more to the program. To learn **all the rest of the details** and have all your questions answered, just click the image below.

**It really doesn’t get any easier than this.**

I’ve distilled it all down into a few online video sessions that you can sit down with **on your own time** and absorb at your own pace.

The videos will be available to you over the course of the next seven **days** so you can time-release download the data into your brain, and put it all into action, **one step at a time**.

**Make no bones about it**

I’ve designed this course to be super-simple for anyone who can say **"I am seriously ready to be DONE with gout once and for all!"**
If this is you,

Click the big button below to find out all the details of my Kill Your Gout FOR GOOD online program, because I can hear you saying it from all the way over here ...

“I’m Ready To Kill My Gout FOR GOOD!!”

Kill Your Gout FOR GOOD

A NO-BS Online Program On How To

NEVER GET GOUT AGAIN.

(If you’ve printed this out, go to: https://thegoutkiller.com/kill-gout-good-loyal-customer/)

Thanks for your business and it is my honor and privilege to be able to help you in any way I can to overcome your struggle with gout!