



FOR IMMEDIATE RELEASE

**LEADING EXPERT ON GOUT UNVEILS PLANS FOR  
'BEATING GOUT STARTER KIT'**

Williamsville, N.Y. - May 26, 2009 — Victor Konshin, author of *Beating Gout: A Sufferer's Guide to Living Pain-Free*, the #1 book on the painful arthritic condition known as gout, announced today he will unveil a brand-new product next month: the 'Beating Gout Starter Kit.' This exclusive new treatment system is designed to help those suffering from this painful disease.

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The kit, available for the introductory price of \$49.95 at <http://www.beatinggoutstarterkit.com/>, includes the essential items every sufferer needs to have in order to get uric acid levels under control, including: a copy of *Beating Gout* (now in its second edition); a vitamin supplement designed to reduce uric acid levels and the painful inflammation caused by gout; and three other products designed to help prevent kidney stones, a common complication of gout

New research shows that hyperuricemia (too much uric acid in the body), the underlying cause of gout, affects as many as one in three Americans and is linked to all kinds of killers including heart disease, high blood pressure, kidney and liver disease, stroke, diabetes, and obesity. Recent research indicates that diets high in refined sugar and high fructose corn syrup — found in a wide range of popular foods — could raise uric acid levels and lead to hyperuricemia and gout. While gout most commonly affects men over 40 and postmenopausal women and is widely believed to be caused by a poor diet, it is actually a genetic condition in 90 percent of cases.

"It is estimated that up to 78 percent of doctors do not properly treat gout, which until recently was believed within the medical community to be relatively harmless condition, which unfortunately is not the case," said Konshin. "I developed the Beating Gout Starter Kit to give all sufferers access to easy-to-understand information and tools they can use right now to start living pain-free."

After being diagnosed with gout and hyperuricemia nearly five years ago, 38-year-old Victor Konshin, who is now the leading consumer expert on these conditions, knows firsthand the cost of ignoring high uric acid levels. Konshin eventually quit his job as a high-tech engineer to research everything he could about managing his uric acid levels and painful gout attacks, and now shares his expert knowledge and advice in *Beating Gout: A Sufferer's Guide to Living Pain Free*, and through his interactive web site, <http://www.beatinggout.com/>, which features the latest gout and hyperuricemia-related news, research and treatment information.

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