

## Health

“*Beating Gout* will help sufferers to understand this disease and to be involved in their treatment.”

— *Weiya Zhang, M.D., European League Against Rheumatism*

“This book sets the record straight on the best way to diagnose, treat and manage gout.”

— *Ralph Argen, M.D., FACP, FACR*

“Packed with useful information that patients suffering from gout should know. *Beating Gout* is the best resource available for learning how to properly manage gout. I strongly recommend it.”

— *Elizabeth Hatton, M.D.*

“Using up-to-date research and offering recommendations to help stop gout attacks before they happen, *Beating Gout* is a top pick for long-term sufferers and for community library health collections.”

— *Midwest Book Review*

### The most thorough and up-to-date book on managing gout!

This revised edition offers you the most detailed and easy-to-understand program for managing gout and its underlying cause. With this book, you can stop gout attacks forever and even *reverse* the damage that this painful disease has caused.

The key to beating gout is understanding its cause and the most effective means of managing it. Victor Konshin delivers the latest and most comprehensive information on gout and its treatment. No other source has more practical, scientifically backed information that gout sufferers can start using immediately to reduce or stop attacks while living a healthier and pain-free life.

#### You will discover:

- How to stop a gout attack in its tracks
- How gout's underlying condition, hyperuricemia, can cause a long list of life-threatening diseases
- The truth about medications, diet and lifestyle choices and their effects on gout

US: \$16.95



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ISBN 978-0-9816624-6-6



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BEATING GOUT: A SUFFERER'S GUIDE TO LIVING PAIN FREE

KONSHIN

“An excellent and clinically useful handbook on how to recognize and manage this condition that is useful for both the patient and physician.”

— *Richard J. Johnson, M.D., FACP, Gout & Uric Acid Education Society*

# Beating Gout

Second Edition

## A Sufferer's Guide to Living Pain Free

- How to stop gout attacks forever
- Latest medical research, gout treatment options, diet and lifestyle recommendations
- Easy-to-understand, practical and up-to-date

Victor Konshin