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GOUT, JOINT PAINS AND JOINT REPAIR

Reversing Gout Naturally: A Simple Remedy for Joint Health

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Are you tired of the persistent discomfort and limitations caused by gout?

Discover a natural solution that can reverse gout and restore the health of your joints. In this informative article, Allan Wohnitz shares valuable insights on how gout is linked to cell disintegration and offers an effective remedy to combat this condition.

Gout occurs when the body cells disintegrate due to a deficiency in [vitamin E](#), a crucial antioxidant. The released uric acid combines with sodium to form crystals, leading to painful inflammations around the joints. However, with the presence of pantothenic acid (vitamin B5), uric acid can be converted into urea and ammonia, which are quickly eliminated through urine.

Stress is a major contributor to gout. During stressful periods, the adrenals require substantial amounts of pantothenic acid, which, if not replenished, can lead to adrenal depletion.

Without sufficient pantothenic acid, the body fails to produce natural cortisone to handle inflammation, leaving it vulnerable to stress-related damage. To address this, an anti-stress formula is recommended to restore adrenal function, combined with increased vitamin E to prevent cell disintegration, and pantothenic acid (B5) to convert uric acid into urea and halt cell breakdown.

To implement this approach effectively, we recommend the use of [Maximize Your Immunity](#) — a comprehensive supplement containing the optimal combination of Vitamin C, B5, and B Complex, along with antioxidants to dissolve and convert uric acid and uric acid crystals. Additionally, incorporating Cal Mag, a form of calcium and magnesium with an acid base (Vitamin C), can provide structural support to cells, act as a natural painkiller, and promote relaxation. We suggest [Cal Mag with Potassium](#) as an ideal choice.

Furthermore, [Essential Fatty Acids \(Omega 3 oils\)](#) play a crucial role in cell structure, while [Vitamin E](#) protects cells from free radicals that cause disintegration. Including these elements in your daily routine can enhance joint health and reduce the frequency and severity of gout attacks.

To speed up the conversion of uric acid, alleviate pain, and support joint reconstruction, consider herbal supplements such as [Devil's Claw](#), [Ashwagandha](#), and Astragalus. These can provide additional relief and aid the adrenals in producing anti-inflammatories.

Don't just take our word for it—here's a success story from one of our customers: "After months of struggling to find an effective remedy for gout, I finally discovered Maximize Your Immunity, combined with essential fatty acids (Omega 3). The relief I experienced was significant, even when intentionally consuming foods known to increase uric acid levels. I've tried countless remedies with minimal improvement, but this regimen truly works." - D.L.

Reclaim control over your joint health and bid farewell to gout. Take the first step towards natural restoration by clicking the link below to read our comprehensive article on Joint Pains and Joint Repair and a You Tube Video on Gout.

Link to the article => [Joint Pains and Joint Repair](#)

You Tube Video - [Gout on You Tube](#)

Experience the power of natural remedies and embark on a journey to renewed vitality and freedom from joint discomfort.

START ON YOUR JOURNEY TO HEALTH AND WELLNESS TODAY

1. Visit my website [Supa Boost Health](#) and discover for yourself your options to better your health the natural way
2. Take advantage of my [FREE Health Coaching Questionnaire](#) - I will guide you on the correct steps to take to become well and healthy the natural way
3. For more information on health articles, personalized health programs, or any questions, email allanwohrnitznutritionexpert@gmail.com

Remember, it is always advisable to consult a physician alongside improving your nutrition when dealing with health abnormalities.

References: Nutrition advice by Adelle Davis.

e-Health: A free service aimed at promoting nutrition as a means to build and maintain health, reducing dependence on drugs to manage illnesses.