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No existe una enfermedad de las articulaciones tan dolorosa como la gota. De manera sorprendente, los ataques de gota se presentan durante la noche, y, con frecuencia, son fruto de una ingesta excesiva tanto de comida como de bebida. Sin embargo, también el ayuno y el estrés pueden provocar un ataque de gota. La gota es consecuencia de unos niveles altos de ácido úrico en sangre. Esta enfermedad está condicionada por causas genéticas, pero el estilo de vida, y, sobre todo, la alimentación, tienen un papel esencial. / Gout is one of the most painful things you can have in your life. Studies have shown that foods high in uric acid play a major role in the development of this disease. By eliminating some foods high in uric acid from the diet, many gout sufferers have found some measure of relief from their pain and taken back control over their bodies.

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