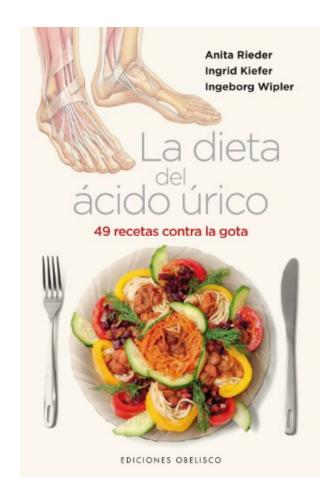
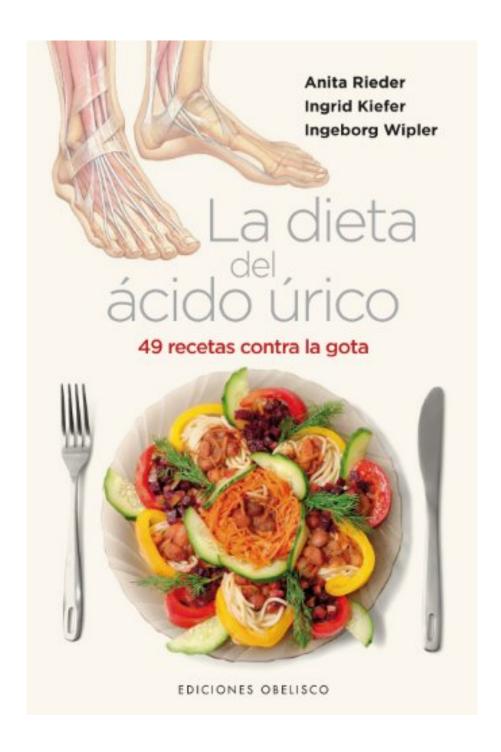
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No existe una enfermedad de las articulaciones tan dolorosa como la gota. De manera sorprendente, los ataques de gota se presentan durante la noche, y, con frecuencia, son fruto de una ingesta excesiva tanto de comida como de bebida. Sin embargo, tambien el ayuno y el estres pueden provocar un ataque de gota. La gota es consecuencia de unos niveles altos de acido urico en sangre. Esta enfermedad esta condicionada por causas geneticas, pero el estilo de vida, y, sobre todo, la alimentacion, 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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