



# La Dieta del Acido Urico

Anita Rieder

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## La Dieta del Acido Urico Anita Rieder

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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