# Josie Gibson reveals health scare while following 1970s diet for new Channel 5 series



Television presenter Josie Gibson has shared details of a recent health scare she experienced while filming a new Channel 5 series that delves into the diets of the 1970s. In the programme, titled The 1970s Diet, Josie adopts eating habits and exercise routines typical of the decade in an attempt to assess whether such a lifestyle could improve health outcomes today.

Over a two-week period, Josie followed a diet plan carefully constructed by a doctor and nutritionist to replicate portion sizes and meal choices characteristic of the 1970s. Alongside this exploration of dietary habits from the era, she also engaged in typical exercise regimens from the time.

However, Josie revealed to Closer magazine that combining this 1970s diet with recent indulgences on a travel show—where her consumption of champagne and luxury foods was frequent—affected her wellbeing. Doctors suggested she may have developed gout, a condition historically known as "the disease of kings". In the interview, Josie expressed surprise and embarrassment at the diagnosis: "I thought only kings like Henry VIII got gout. I was like, 'I'm a 40-year-old woman; this is really embarrassing.'"

Reflecting on how the experience influenced her approach to health, Josie said: "Then I got a bit of a health scare while filming this show, so it knocked me into submission a bit; I had to do something about myself." She also noted improvements in her sleep habits, having previously managed on just four or five hours nightly or six "at a push". Now prioritising eight to nine hours of rest, Josie describes herself as a "totally different human being," which has enhanced her performance at work, boosted her memory, and helped her feel like a "better mum".

The NHS explains that gout is a form of arthritis that causes sudden, intense joint pain. It often affects the big toe but may also impact elbows, knees, wrists, ankles, and hands. Symptoms include red, swollen, and warm skin over the affected area. The condition requires medical assessment, especially for first-time occurrences or if usual treatments do not relieve symptoms.

Untreated gout attacks can last one to two weeks and may cause ongoing joint damage and recurrent flare-ups. The NHS advises seeking urgent medical attention if pain and swelling worsen rapidly, particularly if accompanied by fever, nausea, or inability to eat, as these signs may indicate a joint infection.

The 1970s Diet programme invites viewers to consider how historical eating patterns could influence modern health, while Josie Gibson's experience highlights the complex impacts diet and lifestyle choices can have on wellbeing.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.femalefirst.co.uk/tv/news/josie-gibson-suffered-gout-scare-presenting-1970s-diet-1417257.html> - This article provides details about Josie Gibson's experience with a gout scare while filming her Channel 5 series, 'The 1970s Diet', and how it influenced her lifestyle changes.
* <https://gb.readly.com/magazines/closer-uk/2025-04-22/6802a504569234f5d65cbebe> - This source references Josie Gibson's interview in which she discusses her surprise and embarrassment upon being told she might have gout, along with her reflections on the impact of the 1970s diet and additional indulgences.
* <https://www.nhs.uk/conditions/gout/> - The NHS website explains the condition of gout, including its symptoms like intense joint pain, red, swollen, and warm skin, and the importance of seeking medical attention for its management.
* <https://www.channel5.com/show/the-1970s-diet> - This could provide information about the Channel 5 show 'The 1970s Diet', although the specific URL might vary based on availability. It would support details about the program and Josie Gibson's participation.
* <https://www.everydayhealth.com/gout/symptoms/> - This website offers comprehensive information on gout symptoms and complications, aligning with the description provided in the article about gout being an arthritis form causing intense pain and requiring medical assessment.