

## Bored of Cherries? Try Berries for your Gout Treatment!

**W**hen searching for a natural remedy for your gout, cherries and **cherry juice** are often the first food that pops up. But we are now finding that it is not just cherries. Additional berries are also helpful for lowering **uric acid levels**. Strawberries, blueberries, and other red-blue berries are an excellent source of antioxidants, low in purine, and have low level of acidity, which makes them perfect snacks regarding **gout** sufferers. Gout is often a rheumatologic disorder which **causes pain and inflammation in the joints**. The **gout attack** is attributable to increased **uric acid** in the body which is a byproduct of purine breakdown. It is a form of arthritis and can cause severe, sudden attacks.



Now, as gout sufferers, I am sure you have heard tons about what you ought to be eating and drinking in order to fend off painful attacks. Not only is the diet full of purine, that cause extra **uric acid** production, but the diet also causes stored body fat to be consumed thereby releasing a lot more uric acid. This is a double dose of uric acid for the gout victim causing an overload on the system and perhaps creating some of the worst gout attacks and build up of inside connective tissue an individual has ever experienced.

Gout is caused by high levels of uric acid, which then crystallizes in the joints, especially in the toes, feet and knees. Large amounts of these sharp crystals cause painful **gout flares**. The goal of many natural remedies and prescription medications is to either reduce uric acid levels (prevention) or pain and inflammation rest from current gout flares, or both.

- Eating berries won't stop a gout flare, but eating them on a regular basis helps to lessen uric acid levels, staving off the painful attacks.
- Some of the best berries to keep your uric acid ranges lower are:

Strawberries- Flavonoids are an additional inhibitor of the enzyme cyclooxygenase (COX), the same enzyme that is inhibited by the flavonoids in cherries and by NSAIDs such as ibuprofen. Flavonoids are helpful in the reduction of swelling. Strawberries are usually high in flavonoids such as pelargonidin and contain small amounts of the cyanidin, delphinidin and petunidin. Pelargonidin is the substance which makes bananas red.

“



**Gout Symptoms** Gout symptoms and moreover Gout is a very grave form of arthritis and occurs when there is a plethora of uric acid built up in the body. Uric acid is a waste product and builds up due to overloading of the organs such as the liver and kidneys. As...

- Blueberries- These little berries are quite an excellent source of anthocyanidin, an important flavonoid.
- As with most other berries, they are also very high in antioxidants.
- Eat plenty of these to keep your uric acid levels as low as possible.
- Elderberries- Elderberries are great for gout as they are also decreased purine, but high in cyanidin.
- However, the red elderberries really should not be ingested at all, and white elderberries should not be eaten raw.
- If you want to get the benefits of elderberries, pick elderberry juice or elderberry extracts.

Check out a tasty antioxidant-rich, low purine dessert option [here at Health.com](#)

Eating a low purine diet hasn't helped to reduce your gout flares, talk to your doctor about colchicine, a prescription drug proven to reduce the severity and numeracy of gout attacks. With the recent price jump in the American market, take into account Big Hill Drugs, a respected Canadian pharmacy offering both manufacturer Colcrys and its generic alternative, colchicine.



“ **Domenic Golden**

*Domenic is a head content marketing specialist at [musclenstress.com](#), a collection of articles on health issues. In the past, Domenic worked as a post curator for a well-known health site. When he's not writing posts, Domenic enjoys drawing and rock climbing.*

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.