

# Can Stress Aggravate Gout?

**S**tress may be causing you to shake your head in frustration. That six-letter word is taking the blame for everything from headaches to heartaches nowadays. Since the day of the caveman, the world is full of enough uncertainty to make stress inevitable. Yet, once again, even though it may be unavoidable, it will produce consequences.



- When it comes to those unfortunate sufferers of gout, stress makes no exception to the rule.
- There seems to be a correlation between long-sustained stress and flareups of pain related to [gout](#).
- Stress will serve a purpose.
- It can motivate us to get out of the way of trouble or alter our lifestyle for an improved quality of life.
- However, to be in a constant state of stress is not recommended.
- Medications such as Colchicine, in particular Colcrys which is FDA approved, can certainly help gout sufferers manage their pain.
- In addition, there are natural methods that can be included in a treatment plan.
- Understanding how to manage stress will be one of several complimentary approaches that when combined with medication provides good results.
- Gout is caused by an excess secretion of **uric acid** in the blood stream.
- Stress, nonetheless, has been shown to deplete vitamin B5 from the body.
- Guess what?
- Vitamin B5 helps to remove excess **uric acid** from your body.
- As a result, stress may trigger a **gout attack**.
- One thing is for sure, if there are simple methods that can improve your odds of avoiding a gout attack, then why not consider them.
- Furthermore, the numerous residual effects of reducing stress will offer many benefits to be able to the overall quality of life.
- It is a win/win situation!

## Methods to Help Reduce Stress

Believe it or not, moving, at all ages, is what we were intended to do. Remember, if you don't use it, you will lose it. That old saying still has merit. Exercise, actually docile forms, is a great stress reliever. Try it! Even a few ten-minute periods a day of gentle exercise are usually worthwhile. If you can manage more, then proceed.

“ ***Gout Symptoms** Gout is a very distressing form of arthritis. Gout occurs whilst there is an profusion of uric acid built up in the body. As soon as there is a buildup of Uric acid present in the body the consequence can include such as piercing uric acid crystals...*



GoutUric AcidUricGout TreatmentGout Attacks

- Various types of meditation, selfhypnosis, and also the practice of imagery have shown measurable advantages in patients who deal with daily pain.
- Sign up for a meditation team or purchase some wonderful CDs to listen to in the comfort of your own home.
- Start your morning with a mindfulness that is deliberately focused on remaining calm and capturing a feeling of well being.

## Avoid People and Situations If At All Possible that Cause Unnecessary Anxiety

After all, you are responsible for your own health. No one else can meet your needs in the same way that you can. Pay attention to the stress triggers in your life and deliberately design a strategy in order to remove yourself from anything that is not in your best interest. It is your life as well as your body.

### Author:

Too much stress can trigger gout attacks. Estella is a health and wellness writer based out of Vancouver. She recommends CanadaDrugsOnline.com, a trustworthy Canadian pharmacy and international satisfaction center to buy Colcrys for **gout treatment** and prevention with affordable prices.

“ ***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.*

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