

# Gout Herbal remedies - Natural Ways to Relieve Pain

**G**out is a type of arthritis, where one or two joints are usually affected at the same time especially the feet and the ankle. These days, the use of gout herbal remedies is very popular because they provide relief to victims without the use of drug prescriptions. Furthermore, these types of natural ways of [treating gout](#) will cost you less and offer no side effects.



- Bilberry - Also called the European blueberry, which has been used for so many years in treating gout.
- It contains a lot of anthocyanins that function for decreasing inflammation and minimizing painful swelling.
- Likewise, it contains antioxidants, which are essential in helping decrease the force or incidence of attacks.
- They will achieve this by reducing the numbers of **uric acid** in the body.
- This can be bought as an herbal tea or supplement at nutritional stores.

## Nettle Root

This is one of the gout herbal remedies known to be effective. It is also called as "stinging nettle" due to its throbbing pain, which helps reduce **uric acid** when you touch it. Nettle root is considered diuretic, thus helping simplicity symptoms by allowing the kidneys to be able to flush out unnecessary acid. Also, this herb serves as a natural antihistamine, which helps minimize swelling. This can be used in soups wherein heat removes the stinging capacity.

Flamasil - this herbal product has been recently discovered to work in getting rid of the constant pain, soreness, and swelling of gout.

## Celery Seed

Celery seed is an effective cure for helping mitigate symptoms of gout. It is also very useful in decreasing the swelling of joints. This aids in the elimination of excess uric acid in the body. However, this herbal treatment is not recommended for use if you have allergies or pregnant.

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**Psoriatic Arthritis Symptoms** Psoriatic arthritis is a special type of arthritis that occurs in some patients with psoriasis, a chronic skin condition. It resembles rheumatoid arthritis in its effects, even though most people experience a mild form. Symptoms of psoriatic...

## Devil's Claw

This herb has the ability in order to both reduce uric acid concentration and eliminate toxic waste products, thus preventing **gout attacks**. Additionally, devil's claw are not only used to provide relief from gout pain, but also provide help to people suffering from lower back pain, as well as arthritis.

- Lime juice - this is considered as one of the most important gout herbal remedies and is very active in decreasing uric acid in the kidney.
- To be able to cure gout, you must drink at least four glasses of lime juice with water regularly to attain fast relief.

## Gout Herbal Remedies are Extremely Successful in Alleviating Pain and Preventing Attacks

Also, they do not cause any type of side effects. But apart from these remedies, you should also practice other precautionary measures such as diet modification, exercise, and prevention from smoking and alcohol ingestion to get rid of future attacks.

Alvin Hopkinson is a leading researcher in the area of remedies and **gout treatment**. Discover how you can get rid of one's gout for good using confirmed home remedies, all without using harmful medications or drugs. Go to his web site today at <http://www.goutremoval.com>.



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Domenic is a head content marketing specialist at [musclenstress.com](http://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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