

Immediate Pain relief For Gout

Gout is a very painful health problem that usually results the big toe. It can, nonetheless, effect other important joints such as the fingers, knees, and so on. It is caused by the build up of crystals of **uric acid** depositing in the tissues of the body. When the body is unable to break down **uric acid** it accumulates causing inflammation of the joint(s). Uric acid is also known for causing kidney stones.

Normally, uric acid dissolves in your blood and then passes through your kidneys in to your urine. Sometimes your body both produces too much or excretes too little on this acid. Any time that occurs uric acid can build up forming sharp, needle-like uric acid (urate) in the joint or surrounding tissue that causes pain, inflammation and swelling. The cause of intense pain is when inflammation occurs in the joint as white blood cells surround the uric acid crystals. This causes intense pain, heat and redness.



Gout takes place more frequently in men than it does in women, but women tend to be susceptible after menopause.

Here are a Handful of Things You can Do for Immediate Pain Relief:

You can make a charcoal/flaxseed poultice. You mix 1/2 cup activated powdered charcoal and 3 tablespoons finely ground flaxseed. Add warm water until you create a paste. Put the paste directly on the affected area and cover with a cloth or even some plastic. Change the dressing every four hours or even leave on over night. Be sure to protect the poultice carefully as charcoal can stain your bedding or perhaps clothing. You can also take activated charcoal orally to lower **uric acid levels**. Take 1/2 teaspoon when you first wake up, at mid-morning, from mid-afternoon and once more at bedtime.

You can Use a Castor Oil Pack

Soak a piece of white flannel in warm Castor oil, wring out excess and place over the affected area. You then cover it with plastic wrap and apply heat using a heating pad or hot water bottle. Do this two times a day for about one hour.

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Uric AcidUricGoutUric Acid Levels

- Reduce pain by alternating hot and cold applications.
- Soak the combined in hot water for three minutes and then in cold water for a half minute.
- Do this about three times,

Use an Epsom Salt Foot Bath

Put 2 to 3 tablespoons of Epsom salts in a pan or basin of hot water big enough to put your foot in. Soak your foot for about a 1/2 hour. You can also take a whole body bath in Epsom salts. This is especially helpful if the gout pain is in another part of the body. There are usually instructions on the Epsom salts package but you should use about a couple of cups.

Any one of these remedies should work to give you some immediate relief, but in order to eliminate gout for good you will need to do some research on how to lower uric acid levels in your body. You should also support your kidneys using supplements, herbs and foods that enhance kidney function.

Kathy Love is the creator and webmaster for <http://www.natural-cure-remedy.com> wherever she has compiled information about natural cures and remedies for various health problems and ailments. For more information about gout, go to my web page at <http://www.natural-cure-remedy.com/gout.html>.



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