

# Instant Gout Pain relief With Baking Soda

**L**ooking for instant **gout** pain relief? Then you've come to the right place. Here, you'll discover how baking soda can bring almost immediate relief from gout pain without the need for drugs with their well-known side effects.

Baking soda can bring you more or less instant gout pain relief. And who might have suspected that a thing that many of us have lying in a kitchen cupboard could be such a potent weapon within the fight to get fast gout pain relief?

Not only can it behave alone as an effective natural remedy for gout, yet, baking soda can also help the effectiveness of the non-steroidal anti-inflammatory drugs (NSAIDs) that your doctor usually prescribes to relieve the pain of your **gout symptoms**.

*But also without drugs you may get almost instant, certainly fast, gout remedy using cooking soda (bicarbonate of soda) because of its several benefits such as:-*

An increase in body fluids that assist your kidneys to flush **uric acid** out of your system improved **uric acid** solubility for easier excretion from the body dissolution of uric acid deposits in lessening the pain.

## You Need to Include Half of a Tsp

Of baking soda pop in order to 8 oz of water in a large cup. Drink a glass immediately before going to bed, and, first thing on waking up. Drink a further glass every 2 to 4 hours between meals. If need be, follow this routine daily until your symptoms vanish.

Be careful not to take more than 4 teaspoons of baking soda in any 24 hour period. And also, because baking soda is very high in salt you need to go on to a very low sodium diet, or most of all, cut-out salt from your diet altogether.

- Also, if you suffer from high blood pressure -- hypertension -- talk to your doctor before using this remedy.
- It is a good idea to talk to your doctor about this treatment in any case.
- Many gout sufferers have seen very fast gout pain relief with this method.
- But, there are a number of other things you have to think about with regards to getting rid of your gout.
- As an example, your weight, diet, lifestyle, family history, etc.
- And if you continue to suffer frequently recurring gout, there is a danger of permanent joint damage and kidney problems over time.
- Plus, of course, once having suffered a gout attack, you're now much more likely to be able to have more.

## You're in Luck Though

There's a special gout report available online [notice] below that has all the information you need in one spot. It is what thousands of ex-gout victims worldwide have successfully used to prevent their gout returning. It also includes a special 2 hour gout remedy program.

And it uses fully-researched, totally natural methods. So that you will benefit two ways: (1) you get rid of your excruciating pain very fast, and, (2) you prevent your gout returning, so that you will reduce the risk of permanent damage.

You want to get gout pain relief in 2 hours, plus, prevent your gout going back in the future, then go to <http://gout-relief-today.blogspot.com> and discover how you can quickly do both without expensive drugs making use of their horrible side effects.

*“ The author continually researches health problems then writes reports on his findings so that you are perhaps more aware of the facts, after which, better able to make an informed decision on picking a treatment and cure. Remember to always consult your doctor first. **Natural Gout R.***



### *“ Domenic Golden*

*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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