

Natural Gout Treatment - Which Vitamins Are Good For Gout?

Only a few vitamins have been really researched as contributors in order to a **natural gout** remedy. You are vitamin c which a few studies have found lowers **uric acid levels** fairly. I have written about ascorbic acid for gout in earlier articles. Make sure you buy a Vitamin C preparation that contains added flavonoids, the more the better, to make it work more effectively. And buy a time (sustained) release Vitamin C product, because Vitamin C is excreted quickly.

Other vitamins which have been reported from various sources to assist in **natural gout treatment** are quercetin, folic acid, potassium citrate calcium, and fish oils.



- Quercetin may hinder xanthine oxidase, the enzyme forced to transform **purines** into **uric acid**.
- This is the method used by the leading long term gout pharmaceutical, allopurinol.
- Quercetin has been doing this in test tube studies.
- Folic acid has been seen as in at least one study to be able to be helpful because it inhibited xanthine oxidase, but in others to have no result.
- It was part of the late Dr.
- Atkins's (the Atkins diet) formula for curing gout naturally but in large amounts.
- It should certainly only be taken under supervision by a qualified as well as experienced practitioner.

Potassium citrate is reported in order to be helpful in **natural gout** treatment, and has been the subject of gout studies. This aids excretion of **uric acid**, by raising the pH of urine. (Higher body pH levels help to make uric acid more soluble and thus far better excreted). Potassium citrate can also head off the chance of kidney stones, of the uric acid variety, forming. One estimate is that there is a 20% chance that kidney stones will form in **gout patients** who also have acidic urine.

Calcium May be Helpful Because It Helps You to Alkalize the Body, (I.E

That lifts its pH levels making the body more alkaline) and therefore, the particular theory will be, a lot more uric acid will be excreted. In pH concept, because the blood's pH must be looked after at pH 7.365, the body will scavenge calcium from bones to maintain blood pH at 7.365. Most people, i've heard, and in all probability many gout sufferers also, have acidic bodies (which must be alkaline) and therefore a deficiency of calcium.

- Vitamins work in other ways to help in **natural gout treatment**.
- Those that work as antioxidants perform the useful function of squelching free radicals.
- Why is this helpful?
- Because during gout attacks, free radical levels rise.
- Some leading antioxidant vitamins are vitamin C, vitamin e, beta carotene and selenium.

Given that **gout attacks** are inflammatory, as shown by the unpleasant inflammation of the affected joints, virtually any substance which acts as an anti-inflammatory may make the attack much less painful and inflamed. Fish oils have well researched anti-inflammatory properties.

- Fish oils are also good for gout because they promote a healthier body.
- Their own omega -3 fatty acids



GoutUric AcidNatural GoutUricGout TreatmentNatural Gout

- EPA and DHA) really are a dietary deficiency for many people, especially those who don't eat fish.
- Omega -3 fatty acids are required to create a better balance of omega -3 and omega -6 oils in the body.
- Most people, it is thought, do get sufficient omega -6 efas, especially if they fry with oils such as corn, soy, sunflower, safflower or sesame.
- Or perhaps, if they use these oils as salad oils.
- But people don't get enough of the omega -3's.
- This kind of better balance promotes much better health.
- Gout victims need to be as healthy as possible.
- Note: gout sufferers should not eat fish an excellent source of purines such as spanish mackerel, anchovies, and sardines.
- Ensure the fish oil supplement you buy has been produced with a molecular distillation process.
- It will take out mercury, PCBs and dioxins.

Since Cherries Have Been Researched as Blocking Inflammation, They Should be Considered

Cherries have also been found in studies to reduce uric acid levels. When they are not in season their supplement extracts, juice as well as in dried form can be taken. Cherries enjoy testimonials from gout sufferers both for curing gout naturally and halting this of attacks, but they don't do this for everyone. Celery, in two studies, also reduced pain and inflammation, so you can consider celery seed extract as part of normal gout treatment.

John Mephram Has Spent Much Time Researching Gout

His best tip for curing gout naturally? Get to your ideal weight regardless of the sacrifices may be. Learn more in detail about natural gout treatment and also natural remedies for gout at www.gout-smashers-guide.com It's an e-book with a emphasis on natural gout treatment.



“ **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.