

Natural Remedies for Gout

Gout is a form of joint inflammation that is caused by excess **uric acid** in the body. This happens due to poor diet, stress and not enough sleep. Gout causes a sudden and severe pain - you'll notice the skin over the affected joint is usually red and glossy. Often times, **gout attacks** come on as quickly as overnight.

Men between 30 and 50 yrs old are mostly affected by gout, for pre menopausal women, the **uric acid level** is lower, but after age 50 **uric acid** tends to increase along with the increase of gout situations.



- Primarily, gout affects one and sometimes two joints at a time; more often it attacks the feet and ankles.
- Even without healing, this subsides for about a week.
- It takes months or years before it results, during this time attacks become more frequent and more severe, more joints are now involved.
- And when gout becomes chronic, the damage to the joint is deforming and crippling.

Can Gout be Cured Naturally?

Curing gout naturally takes time, especially if a body has accumulated toxins over a lifetime, but it will be well worth the effort. Cleansing your system of accumulated toxins promotes proper functioning of your body and puts you on the road to natural good health.

Here's What You can Do:

Maintain a healthy weight and diet. It is not recommended to become 30 pounds (or more) overweight, as this increases the risk of gout.

Loose Weight If You Need to

By losing pounds you reduce the pressure on weight-bearing joints plus lower **uric acid levels**. You don't want to use practices which encourage rapid weight loss such as fasting as it can raise the uric acid level temporarily.

- Avoid excessive eating of high protein foods.
- It is suggested regarding a person to consume no more than six oz of trim meat, fish and poultry, especially those who already have gout.
- A high-protein meals increases the blood level of uric acid.

Natural Treatment for Gout

Eating simple and natural food in proper combination and also preparing helps your body restore and maintain vibrant health. The best diet if you have gout is 80 percent raw food or if possible organic food; such as live foods like sprouts, wheat grass, and fresh picked garden salads, and much more grains, fruits and vegetables in place of protein.

- The protein you need can come from non-animal food sources just like legumes, such as beans, peas and lentils.
- Nuts are also essential and also can include almonds, apricot nuts, and hazelnuts, as well as seeds such as hemp seed hearts, flax, and sesame.

Substance in some foods known as **purines** is a danger to **gout patients** and should be limited or avoided as much as possible.

“



Fish Oil and Gout - Could This be the Cure Gout is a painful condition the effects the joints in a person. Generally, the big toe knuckle is actually the first place a person begins to have trouble with. Although gout can inflict pain in any region near a joint, such as toes, ankles, elbows...

The Foods that Contain Excessive Levels of Purines Include,

Organ meats such as liver, brain, kidney, language, tripe, and sweetbread.

Anchovies, Herring and Mackerel

Meats, poultry, seafood, shellfish, fish roe, scallops.

Peas, lentils, and beans even though they have small amounts of purines, they should still be avoided by individuals suffering from gout.

Balancing the particular pH inside a person's body is a crucial factor in curing gout; proper pH produces a healthy immune system as well as internal environment. Healing of chronic illness occurs when the blood is restored to normal or slightly alkaline pH.

- Exercise is yet another essential for healing pains caused by gout.
- Stretching increases and maintains a range of motion in the joints and helps to reinforce and stabilize them.
- This also increases the stamina and stamina of the body overall.

Reducing repeated use of joint parts, and staying away from sports injuries by including appropriate warm-ups are also important, as it selecting suitable sports equipment with regard to exercising.

Another approach is treat gout naturally is actually to avoid alcoholic beverages; eating too much alcohol like beer inhibits the excretion of uric acid as well as can lead to gout. It is advised for the male to have two drinks of alcoholic beverages per day, one drink per day for women. It is best for a person who is having a gout attack to refrain from drinking alcohol.

Drinking water and is also a natural way of curing gout because it has the ability to dilute uric acid in both blood and urine.

Find tips about alaskan king crab legs and also aquarium crabs at the [Catching Crabs](#) web site.



“ 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.