

What is Gout and How do you Treat it Naturally?

Here, you'll discover what *gout* is, what causes it, and, how to treat it naturally without the need for medications with their very unpleasant side effects.

WHAT Will be GOUT and What Causes IT?

Gout is actually just one of more than 100 types of arthritis and is reckoned to be one of the most painful, if not the most painful. That accounts for around 5% of all arthritic conditions.

- Is due to the formulation of needle-like crystals in your joints, tendons and surrounding tissue.
- They give rise to the typical symptoms of gout which are redness, puffiness, stiffness, swelling, hot to the touch and excruciating pain.

Gout crystals usually appear as a result of having high levels of *uric acid* in your blood, a condition known as 'hyperuricaemia.' So as a gout sufferer, you need to reduce your *uric acid levels* and maintain them at healthy, relatively low levels. In this way you can help to prevent recurring gout with its associated dangers (see below).

- But where does *uric acid* come from in the first place?
- It is produced as a byproduct of your body's normal metabolic process, where chemical compounds called 'purines' have an active role.
- When these compounds break down during the process, uric acid is produced.

When your kidneys don't perform their usual function of excreting excess uric acid effectively enough, or, your body is producing just too much to your otherwise successful filtering system to deal with, you end up with high uric acid inside your blood. Then crystal formation. And so gout.

TREATING GOUT Along With MEDICATION

Usually doctors recommend drug-based medications to treat *gout attacks*. These are aimed at reducing swelling and relieving pain. There are other medications that are used to lower uric acid levels to try to prevent further attacks. Drugs can be effective for very many people, but they do have a string of nasty side effects -- nausea, stomach cramps, bleeding, ulcers, diarrhea, etc. -- in which put many sufferers off of their use.

- But, luckily, it is possible to treat your gout naturally.
- And this is what gout sufferers are increasingly turning to that has a lot of success.

TREATING GOUT NATURALLY OBJECTIVES

There are two objectives when treating gout naturally; get rid of the symptoms of gout, and, prevent recurring gout. The first objective is self-explanatory because the symptoms are just so excruciating and prevent you from getting on with your day to day activities.

But the second goal, isn't really so much about protecting against further pain and misery, but more about trying to stop the serious repercussions of frequent gout attacks, i.e. long lasting joint damage and kidney problems which includes horrendous kidney stones.

NATURAL TREATMENT to Eliminate GOUT SYMPTOMS

So why don't we deal with the first objective; treating the gout symptoms. Here are 3 basic tips for reducing inflammation and reducing gout pain...

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Leg Pain Symptoms and Very easy Solution for Leg Pain While leg pain is common incidence after injury, there are many non-traumatic causes of leg pain. Pain in the legs can be there because of circumstances that have an effect on bones, joints, muscles, tendons, ligaments, blood vessels, nerves, and...

- Drink lots and lots of water every single day, at least 12 x 8oz glasses per day.
- This keeps you hydrated that helps prevent further crystal creation, and, helps your kidneys to do their job much more effectively during an attack.
- Eat between 30 and 40 cherries every 4 hours during an attack.
- Cherries have natural anti-inflammatory properties and can also help to reduce blood uric acid.
- Make sure you take in plenty of vitamin C.
- This has been shown to increase urinary excretion of uric acid, and, to lower uric acid levels.
- You can get this particular through eating plenty of fruit and vegetables, but also through supplements.

NATURAL TREATMENT to Prevent Recurring GOUT

Now let's deal with prevention. And in many ways this is the most important facet of your gout treatment, as you've today seen above...

Removing the symptoms of gout is one thing, and may be relatively easily achieved through natural approaches, but getting to, and maintaining, a healthier regimen that helps to prevent further attacks can be more difficult.

There are several issues that you need to address, too many to be able to go into detail in time available here. These are essential subject matter such as your weight position, your daily diet, overall health, family history of gout, medications, main conditions, and so on. Your diet and weight are particularly important.

You're in Luck Though

There's a special gout report available on the web notice below that has all the information you need in one place. That is what 1000s of ex-gout victims worldwide have successfully used to prevent their gout returning. It also contains a special 2 hour gout remedy program.

And it makes use of fully-researched, totally natural methods. So that you benefit two ways: (1) you get rid of your excruciating pain very fast, as well as, (2) you prevent your gout returning, so that you reduce the risk of long term damage.

So next, if you want to get gout pain relief in 2 hours, plus, stop your gout returning later on, then go to <http://gout-relief-today.blogspot.com> and discover exactly how you can quickly do both without expensive drugs with their horrible side effects.



“ **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.

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