

# A Detailed Study of Gout, Its Causes and Natural Remedies

Of the most severe and frustrating diseases, **Gout** is undoubtedly one of the most adverse. People mostly disregard the little pain in the joints which they feel in the initial stages of gout. But, by the time they realize that it is gout, it is too late to start treatment. **Gouty arthritis** is the most dangerous form of arthritis. Oftentimes acute gout has led to the long term damage of organs such as livers or kidneys.



## Causes of Gout

The **uric acid level** in human blood has the most instrumental role to play in a person getting affected by gout. The excessive **uric acid** forms crystals in the major joints and forms crystals over presently there. The excruciating pain is the result of this crystallization. Now, the question is how the level of this acid exceeds normalcy.

- Excessive consumption of food items which are high in purine content are the primary cause of **uric acid** deposition.
- Red meat like pork and beef, sea food just like crab, animal organs such as livers, kidneys and brains, certain pulses etc are purine-rich products.
- The more one consumes them, the more he becomes at risk of gout.
- Therefore to get rid of gout, one will have to say goodbye to these food.

## Apart from Purine Intake, There are Various Other Reasons that Result to Gouty Arthritis

The two most important of these reasons are genetics and medications. For example, one might just not be able to avoid being affected by gout since someone or the other of his forefathers was **gout patients**. Here is the genetic trigger at the rear of gout.

## Certain Medicines Also Have Similar Effects on the Patients

The medicine might itself be very effective in treating the ailment it is used for, but as its side effects might give rise to gout signs. One needs to be able to rush to his medical doctor and consult if this individual finds himself bearing some of the **gout symptoms**.

Obesity is another factor which often is the cause of gout. With an increase of accumulation of fat in the human body, a lot of pressure is created upon the joints and as a result the excruciating gout pain is experienced.

## Lifestyle Change and Natural Remedies

Gout is one of frustrating any time it attacks during the night. Though there are various treatments available in the market today which are effective in treating gout, most of them have unwelcome side effects. For this reason the natural remedies and lifestyle change treatments of gout are becoming much popular these days. First of all one would need to avoid consuming food products high in purine or fat content. Even alcohol isn't permissible.

- Secondly, Vitamins this kind of the Complete B complex or vitamin C should be consumed in small doses regularly.
- They keep the uric acid level low.
- Hydration of the body is extremely important.
- Drinking of enough water helps in flushing the crystals out of the body.



GoutUric AcidUricUric Acid LevelGouty ArthritisGout

Fruits such as blueberries, grapes, oranges, cherries have miraculous effects about gout patients and therefore they need to be consumed in good amount every day.

*Lastly, regular exercise and appropriate amount of sleep tend to be very important to be able to fight gout.*

- Author's Bio Betty Watson, the well known author writes on gout issue and get Colcrys.
- This individual frequently writes for Colchicine.ca/.

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