

Dissolving Gout Crystals Naturally and Fast

Dissolving **gout** crystals doesn't require drugs, you can break down them naturally. Here, you'll find a secret way to get rid of gout crystals using a simple grocery product.

First though, before we know how to get rid of gout crystals naturally, it's probably best when we consider the cause of gout, and, why you may not want to use drug-based remedies to be able to cure your gout.

- As you probably already know just your own gout is caused by **uric acid** crystals that have formed in your joint(s).
- As well as you probably also know that these are formed when you have relatively high levels of **uric acid** in your blood.
- But did you know that uric acid is actually a byproduct of the metabolizing process that goes on in your body?
- Cells in your body have chemical compounds called 'purines' that produce uric acid.
- But **purines** also exist in your food, which is important, as you'll see below.



And So to Mainstream Medical Treatment

There are drugs to reduce inflammation and relieve pain that do that very well. But they don't break up gout crystals. However, there are other drugs that, while they can't actually 'dissolve' crystals, can reduce **uric acid levels** in your blood.

- But more and more gout patients are being attracted to natural remedies for gout that can do everything that drugs can do.
- And with no horrible side effects of those drugs.
- So, what's this 'secret' natural remedy for dissolving gout crystals?
- It really is baking soda.
- Yes, the baking soda you may well have in a kitchen drawer can dissolve your own uric acid crystals.
- And not only dissolve the crystals, but also help raise the solubility of uric acid itself, and, maximise body fluids volume.
- This helps you to excrete uric acid more effectively out of your body, thus helping to lower your overall uric acid levels.

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How to control Body Pain and Symptoms Body pain can be caused by a number of factors, including inflamed joints, broken bones, pulled muscles or tendons and arthritis. Over time, the pain can be a nuisance and have a negative impact on a person's lifestyle. There are also a number of...

Here's the Way to Dissolve Your Gout Crystals Using Baking Soda...

Thoroughly mix 1/2 tsp. of baking soda (bicarbonate of soda) in a large glass of water. Drink 1 glass before bedtime, a glass in the morning, and a glass every 2 - 4 hours in between meals. Follow this kind of routine each day until your **gout symptoms** abate.

- Important: Never take more than the equivalent of 4 teaspoons of baking soda in any 24 hour period.
- And, since it is very high in sodium, change to a low-sodium diet and stop putting salt on or in your food.
- Plus, if you suffer from high blood pressure, see your doctor for his or her advice before trying this remedy.
- The above remedy has been shown to be effective, yet, is really only of use in the course of an attack.
- You really don't want to be taking it once the attack has abated and also the crystals have been demolished.
- It has too much salt for that.
- But you do need to prevent your uric acid rising again and causing you to have frequent **gout attacks**.
- You need to do this because of the dangers of permanently damaged joints and kidney problems associated with long term recurring gout.

Now there are many natural ways to help do this, but your diet -- remember purines in food above? -- and other things like your lifestyle, weight, family history, etc. must all be addressed as well, if you are to stop further gout attacks using inherent dangers.

For more information on how to get fast gout pain relief, plus, prevent your gout returning in the future, then go to <http://gout-relief-today.blogspot.com> and find out how you can quickly do both without expensive drugs with their horrible side effects.

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