

# Facts and Fallacies about Home remedies for Gout

**S**o much has been said and written about home remedies for gout, it may often lead people into confusion as to what is true and what is not. Let us tackle some matters about **gout** and separate each fact from the fallacy:



## Facts:

There are no definite natural home remedies regarding gout to prevent gout aches and pains from recurring. No matter how many people claim this and that home remedy took away their gout pains for good, this is not at all true. Different cures have different effects on different people. This is one reason why until now, there still is no certain cure for gout and gout pains.

- Losing weight can make a gout sufferer control his or her **gout attacks** better.
- Losing weight means lessening the pressure on your joints while suffering from gout pains.
- Losing weight may also mean that the levels of your **uric acid** may have gone down.
- Still, losing weight does not mean you are totally free from gout and may still encounter gout attacks from time to time.
- Gout-friendly diet is one that includes plenty of fresh fruits and vegetables and only a portion of meat, oily fish and chicken meat.
- This is the basic gout diet.
- Fad diet programs highly publicized in magazines and also books as the latest wonders should not be gobbled up as well easily.
- Again, different strokes for different folks.

## Oily Fish Have Better Benefits Compared to Other Meat Products

Eating oily fish like sardines, sardines, kippers, mackerel, pilchards and tuna twice in a week but only in small portions, help alleviate **gout swelling**. This is due to the fact that oily fish and cod liver oil contain omega 3 fatty acids which has an anti-inflammatory effect.

## Fallacies

Eating citrus fruit fruits can cause gout attacks. Food substances have different types of acid, for this reason, there is no medical support to the claim that citrus acid triggers gout attacks.

- Aubergines or perhaps eggplants, tomatoes and red peppers can cause gout attacks.
- There is no general evidence in support of this.
- Although some people may have experienced gout attacks to these foods as an allergic reaction but only in remote or rare cases.

Again, different people have different responses to different foods. Beside, you should not discount the truth that tomatoes are beneficial as a good source of Vitamin c, which helps lessen **uric acid** crystallization.

- Green lipped mussels and seaweeds can be beneficial as **gout remedies**.
- This might be true in isolated cases but not as an overall treatment, since there is no medical evidence to support this.

## Cider Vinegar, Selenium, and Also Molasses are Also Effective Gout Remedies

The consequences of these treatments have been touted as placebo effects or mind over matter results. They have also been cited as causes for allergy symptoms, therefore it is not generally suggested as **gout remedy**.

As a rule, home remedies for gout usually are not discouraged because there are some cases that they were highly effective. However, medical researchers have a reason to believe that the physiology of certain individuals contribute largely in creating a positive or negative a reaction to these home remedies for gout.

The combination of physical attributes and innate compositions differ from one person to another, hence some people may react in a different way for each type of remedy.

Clinical tests aim to arrive at home remedies for gout that will produce benefits to a great number of people, who are more or less in the same levels of body condition and metabolic compositions.

Alvin Hopkinson is a leading researcher in the area of treatments and **gout treatment**. Understand how you can have instant gout relief using proven natural home remedies, all without resorting to harmful medications or drugs. Visit his site now at <http://www.goutremoval.com>.

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