

Gout Causes and Symptoms and Foods to Avoid and Treatment to get rid of Gout

Gout (also called metabolic arthritis) is a disease created by a build up of **uric acid**. In this condition, monosodium urate or **uric acid** crystals are deposited on the articular cartilage of joints, tendons and surrounding tissues due to elevated concentrations of uric acid in the blood stream. This provokes an inflammatory reaction of the tissues.

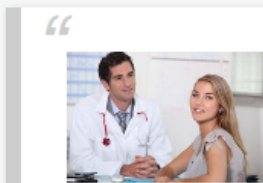
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Gout symptom: A **gout symptom** can come on very suddenly and with no warnings. It is best to start **treating gout** immediately, or it can be much more painful and lead to joint deformities. (Natural remedies for gout are usually discussed below). A typical gout symptom includes: Rapid severe pain in the big toe is the most common gout symptom. The affected joints can become very tender and swollen, and can feel warm. The skin on the shared turns reddish. Most painful attacks last a few hours to a few days. In rare cases, it can last weeks. Some individuals experience some other illness symptoms such as fever or chills, and an increased heartbeat. The inflammation in the uric crystals can lead to bursitis.

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Causes of gout: Although heredity can be a factor in the occurrence of gout, there are other causes that can lead to an increase of uric acid in the blood. They include: Being overweight, excessive alcohol consumption, and irregular kidney function all increase the risk of getting gout. Certain drugs are known to cause uric levels to rise. They consist of insulin shots, some antibiotics, cyclosporine, low dose aspirin, and others. This is another reason that **gout natural remedies** have become so popular.



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Injury to a joint. High blood pressure. Low thyroid hormone levels, called thyroid problems. Consumption of foods with high levels of **purines**. Purines are usually the chemicals in food that are metabolized by the body into uric acid. Food known to increase uric acid include shellfish, organ beef (liver, kidney), red meat, alcohol, dried peas, creamy sauces as well as anchovies.

- Prevention Drinking a lot of water, six or more glasses a day, will help the body to be able to excrete more uric acid.
- Water also decreases the chances of getting kidney stones.
- Maintaining a proper pounds, and getting physical exercise reduces the risk and severity of **gout attacks**.
- Avoid foods with high levels of purines.
- As we mentioned before, foods with high purine levels include shellfish, alcohol, organ meat, creamy sauces, dried peas, etc.
- Foods known to decrease the occurrence of gout include: dairy, foods high in potassium, black cherry juice, blueberries and fresh lemon juice.
- Immediately treating gout will not allow it to get worse.
- All of us will now go over treatment, and natural remedies for gout in more detail.

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