

# Home Remedies for Gout

**W**ith the ever-rising cost of health care looming into the future, many of us are looking to the past for answers in natural home remedy (for **Gout** especially) for the treatment of what ails us.

- This also goes for disorders like Arthritis and Gout.
- Home remedy is mostly being used as treatment.

## Medicinal Plants and Herbs Have Been Around for as Long as Humans Have Roamed the Earth

Through centuries of trial and error, experts say that we have obtained it right down to an art but we continue to learn more about organic medicine. In seeking a natural home remedy for Gout, we needn't look much further than our homes and grocery stores.

- To plan a regimen of natural home remedy for Gout, we need to understand the disorder and how it may be affectively treated with home remedies.
- Gout is a result of the build-up of a chemical called **uric acid** in the blood stream.

**Uric acid** is a by-product of a waste product known as purine, which is formed during the natural breakdown of protein in our cells. Ideally, uric acid results in the body through the urinary tract and that is that.

*But along with Gout, the uric acid builds up, forms crystals that spill into the bloodstream and painfully moves a joint, usually a great foot but can be other joints as well.*

Let's preface by saying that most bouts of Gout can be avoided by following a few simple guidelines, but the intense pain associated with an acute flare-up requires immediate medical attention. Remember that a home remedy for Gout is not meant to replace assistance and treatment from a healthcare provider.

- They will address the attack of Gout a lot more aggressively with prescription and non-prescription medications.
- Consider some of the following typical Gout's natural remedy and treatments to help keep you on your toes.

## Take It Easy

Using natural home remedy for Gout and its treatment include supplementation, diet, herbs and modifications in order to activities of daily living. Elevate the effected joint and rest it as much as possible during acute phases. Applying an ice pack can help ease the pain if applied in 10-20 minutes sessions every hour or so.

Many people mistakenly believe that medications such as ibuprofen (Advil, Motrin) are with regard to pain only. Not so. These are non-steroidal anti-inflammatory drugs that treat the source of the pain of Gout-the irritation.

## Oral Antacids can Help Maintain a Good Alkaline Base in the Body's Chemistry

Once the pain subsides, gently stretching the joint helps keep the range of motion from getting prohibitive. While these may seem like 'no-brainers' they are the foundation after which to effectively bottom your Gout's organic home remedy regimen.

## From the Easy Chair to the Kitchen

Recalling that uric acid comes from purine, and purine comes from protein yields hints in properly planning your daily diet as home remedy regarding Gout. Most **purine rich foods** are protein rich and should be avoided in excessive amounts. All sources of purine should not be omitted from the diet completely.

## Taking Up Diet as Home Remedy for Gout Has Its Share of Ups and Downs

For lower **uric acid levels** avoid foods such as wood meats (liver, etc.), shellfish, yeast products, alcohol (especially beer), poultry, and vegetables such as asparagus and mushrooms to name just a few. Another home remedy for Gout opt instead for complex sugars like bread, potatoes, pasta, and high fiber foods, steering away from high protein and fat.

Delicious home remedy for Gout will be a diet chock full of red and blue berry, including juicy cherries and strawberries as well as whole grains, nuts and seeds. Raw fruits and vegetables can help keep uric acid levels from exploding, as will a lot of water.

- Experts recommend drinking 96 ounces of water daily for hydration to assist the urinary system and also the excretion of uric acid.
- Drink up, buttercup!



GoutUric AcidUricUric Acid LevelsPurine Rich FoodsGout

## From the Kitchen to the Cabinet

Recent clinical studies concluded that vitamin and herbal supplements tend to be an important natural home remedy for Gout. Vitamins work well for a variety of reasons. Vitamin c and B complex both help break down uric acid (but check with a physician first if there is a history of kidney disease).

Low purine diet is deficient of Vitamin E so its replacement is necessary for cell repair and overall health.

The herbal supplement Devil's Claw was determined to be as effective in anti-inflammatory response as Cox-2 inhibitors (such as Celebrex) available by prescription only. As a natural home remedy for Gout, Devil's Claw is available in tablet and tincture form as well as a brewed tea.

Home remedy for Gout can be other beverage such as stinging nettle, horsetail tea, horseradish and parsley juices are thought to help stimulate the body to be able to excrete uric acid, eliminating that in the joints. Birch leaf, celery and mustard seeds are also believed to get rid of uric acid from the system.

*Taken between meals, bromelain, a derivative of pineapple, is another powerful source of anti-inflammatory natural remedy for Gout.*

There are a host of Gout's organic remedy that compresses, poultices and baths to ease the symptoms of Gout that include many of the herbal ingredients listed above added to oat straw, St. John's wort, camomile, honey as well as comfrey. There are lots of soothing options for helpful home remedies for Gout.

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