

How to get rid of Gout Tophi Naturally

Tophi gout is that painful stage in gout where horrible-looking 'lumps' appear at the joints. And if left untreated they can cause some serious issues. Fortunately, there are drugs that can help, but they may have side effects, and, they need to be used frequently. But, there are natural treatment alternatives for tophi gout you should discuss with your doctor.



Tophi (tophaceous) gout is caused by the build-up of **uric acid** salts (monosodium urate crystals) in and around the joints affected by gout. This usually happens as a result of prolonged, frequent, and repetitive **gout attacks** arising from elevated **uric acid levels** in the bloodstream.

- They are normally seen as chalky-colored, bulging lumps under the skin in the joint(s) impacted.
- And although by far the most common joint to have gout is in the big toe, you can get tophi in almost any combined.
- They can also be seen at the ear ridges.

Apart from the fact that they are horrible and unsightly, untreated tophi can eventually lead to serious problems such as permanently damage to joints and surrounding tissue. They can also become ulcerated and septic, therefore septicemia is a possibility that would need urgent medical attention.

Since tophi is caused by continuously elevated **uric acid** levels, the key is to reduce those levels and keep them at a level that prevents tophi forming. Of course, this also means that recurring gout attacks are prevented.

- There are numerous drugs available (such as allopurinol) which will help to reduce and maintain uric acid at healthier levels.
- And they seem to work pretty well.
- But, they are only effective whilst being taken.
- Once they are usually stopped there is nothing to prevent uric acid levels rising again.
- Which is why many patients end up taking them for years on end.
- And, unfortunately, they do have some unpleasant side effects for many people.
- Which is why more and more people are turning to more natural alternatives to remove tophi gout.
- There are lots of natural remedies that can help to be able to neutralize and also lower uric acid levels.
- There are also remedies that have natural anti-inflammatory properties.
- Typical are usually herbs such as alfalfa, burdock and buchu.
- Also things like organic kidney cleanses.

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Pseudogout - A different Type of Gout Gout and pseudogout appear to be the same condition on the surface with the symptoms being very similar. But the crystals that are forming and creating the pain and swelling are different for each. Pseudogout is another type of inflammatory...

But Underpinning the Whole Natural Approach is Your Diet

Since uric acid is actually produced by the particular breakdown of **purines** in our bodies as well as food, gout sufferers, and especially those with tophi gout, need to go on a low-purine diet. Otherwise you are just producing more and more uric acid which your kidneys can't process and excrete efficiently enough.

Dietary facts are as well detailed to be able to go into here but, generally speaking, gout victims need to avoid high-purine foods inside the following groups; red meats, gravy, meat extracts, poultry, fish, shellfish, vegetables, and so on. plus, yeast products and alcohol.

You're in Luck Though

There's a special gout report available online see below that has all the information you need in one place. This is what a large number of ex-gout victims worldwide have successfully used to stop their gout returning. It also includes a special 2 hour gout pain relief program.

“ And it utilizes fully-researched, totally natural methods. So that you benefit two ways: (1) you get rid of your excruciating pain very fast, and, (2) you prevent your gout returning, so that you will reduce the risk of permanent damage.

You need to get rid of **gout tophi** fast, plus, prevent your gout returning in the future, then go to <http://gout-relief-today.blogspot.com> and discover how you can quickly do both without expensive drugs with their horrible side effects.

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