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Remedies For Gout - Get Instant Relief!

By: [Samantha Dole](#)

Folklore has it that the only remedies for gout are the secrets granny told you. Well, according to today's arthritis experts, Granny was right! Not only do the experts agree with Grandma, but they also recommend some of these wise traditional herbal cures, and what's more, most of them are in your kitchen.

The symptoms caused by gout are sudden attacks of joint pain, which can be excruciatingly severe. These pains are caused by an increased concentration of uric acid.

Foods that are high in purine, commonly known as puric acid, should be eliminated in the diet. Some of the foods you should avoid are red meats, organ meats and shellfish, and you can add alcohol to the list, also.

Some doctors offer drugs as remedies for gout. Drugs lower the uric acid in the body. Drugs can be effective in treating gout, but sometimes it isn't good enough, and there are people who prefer using only natural remedies.

Dr Jeff Sands offers a report that discusses a remedy found in your kitchen that simply works magic! His report is based on years of extensive research and his personal and very painful experiences.

One of the most effective remedies for gout are what the doctors call the 'synergistic effect', a combination of celery seed and guaiacum which are popular herbal remedies. Celery seed is known as a natural diuretic and believed to help remove uric acid from our bodies. If other herbs like capsicum, ginger and sarsaparilla are added, it makes an even better overall effect.

There are many foods that can help your body lower the uric acid levels. Other home remedies for gout include:

- Eating fruit which is high in vitamin C such as, grapefruit, oranges, pineapple, strawberries, and last but not least; cherries and cherry juice, which are one of the best remedies for gout, as they contain large amounts of natural anti-inflammatory chemicals.
- Taking apple cider vinegar is a well known remedy for gout. Place two tablespoons of apple cider vinegar with a teaspoon of honey in a cup of approximately eight ounces of warm water, stir well and drink at least three cups a day. This recipe can relieve your body of the painful symptoms of gout.
- Drinking 8-10 glasses of water per day flushes away toxins and dilutes the uric acid levels.

- Regular exercise relieves joint pain and nourishes the joint cartilage, removes wasted products and strengthens the muscles around the joints.
- Add two cups of Epsom Salts to your warm water as the bathtub fills and soak in the tub until the water begins to lose the heat. Epsom Salts contain magnesium, and raising these levels could improve your circulation along with lowering your blood pressure.

Gout is not curable, but as long as your *remedies for gout* include proper treatment and diet, it is 100% controllable. So, do not despair, instant relief is in your kitchen right now!

Get information on natural home [Remedies For Gout](#) and read about Dr Jeff Sands' [Instant Gout Relief](#) report.

3 Ways Pineapples Help Soothe Irritating Gout Pain

By: [Tom Frascone](#)

Are you looking for new ways of getting rid of painful gout attacks? Pineapples usually don't come to mind as a prospective treatment, but they are very helpful. They have multiple elements that can help soothe painful attacks and help prevent an episode in the first place. Here are three things that make pineapples successful in treating this debilitating disease.

Bromelain

Bromelain is very potent in dealing with this condition, and is one of the best benefits of using pineapples in preventing its occurrence. It is an enzyme that helps reduce swelling. Most pain is the result of swelling in the joints, so this benefit of pineapples can be very appealing to someone currently suffering from the symptoms of gout. While this enzyme is in pineapple, there is not enough of it to completely resolve your symptoms. It must be used in conjunction with other methods.

You can purchase bromelain as a supplement. As a supplement, this enzyme has not only been used for gout, but has also been used effectively for digestive problems and other forms of arthritis. It has also been known to aid in reducing blood clots. However, you should ask your physician before taking this supplement or any supplement prior to using it as a therapy.

Too much can pose risks. Moderate doses are not known to have any undesirable side effects, but higher doses can increase your heart rate along with nausea and vomiting. Diarrhea is also possible at higher levels. Since it acts as a blood thinner, you should not take it if your physician has you on Aspirin or Warfarin (Coumadin). In moderation, however, bromelain is considered safe and is very good at providing gout relief.

Vitamin C

Pineapples have a high level of vitamin C. In fact, a regular serving has 36mg which is 60% of the RDA. A study performed by *Arthritis and Rheumatism* (2005;52:1843-7) revealed that 500mg of vitamin C taken over an eight week duration lowered serum uric acid levels by an average of 10%. While 36mg is not as potent as 500mg, pineapples are a great way to get your vitamin C.

This crucial vitamin works by allowing the renal system to excrete larger levels of uric acid. It also keeps purines from metabolizing into uric acid. Uric acid is a natural function of the body, but some individuals have a hard time eliminating the excess levels and that is when gout problems begin. Vitamin C can help you with this problem.

Potassium

Potassium is essential for gout prevention and therapy. Potassium turns uric acid into a source your kidneys can get rid of more easily. The suggested daily intake of potassium according to the government is 3500mg. While pineapples do not have a large quantity of potassium, only 115mg, when mixed with the other therapeutic qualities they have, pineapples are an excellent part of a good treatments program.

Bromelain, Vitamin C, and Potassium are a powerful trio that you can use when eating pineapples that will help you not only soothe irritating gout pain, but also help prevent it's return in the future.

Tired of painful gout attacks? Get FREE tips about [natural remedies for gout](http://www.squidoo.com/goutinformation/) at my site <http://www.squidoo.com/goutinformation/>. Let me show you how you can get rid of gout safely and effectively the natural way.

Gout Diet Tips
By: [Mary Freeman](#)

Gout is a kind of arthritis that has been around many centuries. It has been called the "the disease of kings" because of its association with a rich diet. In reality, there are a number of factors that can lead to gout, but for the purposes of this article, we will focus on a gout diet which will help to relieve the symptoms.

A gout diet emphasizes on high vegetable protein, dairy products and water intake, and a decrease in high purine foods such as:

Beer, other alcoholic beverages.

Anchovies, sardines in oil, fish roes, herring.

Yeast.

Organ meat (liver, kidneys, sweetbreads)

Legumes (dried beans, peas)

Meat extracts, consomme, gravies.

Mushrooms, spinach, asparagus, cauliflower.

Although the above high-purine foods should be avoided on your diet, some of these types of foods, such as cauliflower, spinach and peas, are still allowable in limited amounts.

Foods that are good for a gout diet include: Fresh fruits such as cherries, strawberries, blueberries, oranges, pineapple and bananas as they contain chemicals that lower uric acid and reduce inflammation.

Your diet should also contain vitamin C rich foods such as orange, lime, red cabbage, and tangerines. You can include foods like pasta, brown rice, and broccoli in your diet. Among fruits and green vegetables, a proper gout diet can also contain some meats (chicken and low-fat meats) and low-fat milk.

A good diet also consists of having the proper amount of liquid intake to avoid dehydration. Furthermore, gout diet information calls for the avoidance of alcohol consumed in excessive amounts.

By adopting a good diet plan for gout, taking regular exercise, drinking plenty of fluids whilst reducing alcohol intake, further gout attacks can be avoided.

Gout is a manageable condition and by following a good plan as per above, you can greatly reduce your symptoms. A good gout diet will ensure you lead a healthy and less painful life.

Mary Freeman is an accomplished Author who writes articles on Natural and Home Remedies. To access her remedy website, please visit <http://www.eRemedySpot.com>

Diet For Gout And Fish Oil

By: [Moss Greene](#) ★

What is gout and is there a natural cure? Can a specific diet for gout make much difference? And how do gout and fish oil fit together into the natural solution?

New research from Harvard, published in the *New England Journal of Medicine*, shows that the right diet for gout can, at the very least, dramatically reduce painful symptoms of inflammation and swelling associated with bouts of gout.

And, at the very best, it can prevent and possibly even reverse the disease.

What is Gout?

The causes of gout are now well known. The disease results from a buildup of excessive uric acid (hyperuricemia) in the body. Uric acid is a waste product formed by the breakdown of purines, which are natural substances found in certain foods.

A tendency towards gout can be hereditary or it can begin as the result of a joint injury, surgery, chemotherapy or even from losing weight on a crash diet.

However, the main cause is overindulgence in rich food and alcohol.

Certain foods, mainly fatty red meats, create excess uric acid that causes gout. Alcohol contributes to the build up of uric acid by interfering with its elimination from the body.

If no lifestyle changes are made, gout will become more frequent, severe or even crippling. However, this can be prevented if the initial attack is taken as a warning signal.

Diet for Gout

Natural prevention and reduction of painful inflammation and swelling associated with gout is possible. Extra pounds put stress on the joints, as well as increasing the risk of hyperuricemia, so it's important to gradually reach and to maintain a healthy weight.

The latest research conducted by the Harvard Medical School and published in the *New England Journal of Medicine* shows that gout risk increased by 21% with each serving of red meat per day and decreased by 50% with two daily servings of low-fat dairy.

Therefore, it's best to dramatically decrease red meat and to increase low-fat dairy.

And since alcohol is also often the cause of gout flare-ups, it should be avoided as much as possible or, even better, eliminated. Instead, to help flush uric acid out of the body, people prone to gout should drink at least 10 to 12 glasses of pure clean water a day.

Dr. Hyon Choi, the lead investigator of the Harvard study, which is the latest, most exhaustive and definitive research on gout, recommends daily supplementation with high quality, full-spectrum omega 3 fish oil fatty acids with EPA, DPA and DHA.

Gout and Fish Oil

Omega 3 fish oil has extremely effective natural anti-inflammatory properties that do not cause the harmful side effects that are associated with anti-inflammatory drugs, such as Ibuprofen, Advil and Motrin and COX-2 inhibitors like Vioxx, Celebrex and Bextra.

Good quality fish oil provides natural relief for gout as well as migraines, psoriasis, depression, heart disease, asthma, prostatitis and many other painful conditions.

For best results with gout, arthritis and all forms of painful inflammation, [fish oil capsules](#) are highly recommend. This quality fish oil supplement is nature's most potent anti-inflammatory, with a long safe history of helping millions of people around the world.

Moss Greene is the editor of Bella Online Nutrition. To learn how [omega 3](#) can help you and your family to have superior heart health, go to the [fish oil](#) web site.

Gout Foods To Avoid During A Painful Attack

By: [Sable Woods](#) ★

Did you know that you could be eating certain foods that aggravate and prolong your gout attack? There are various gout foods to avoid when you're suffering from this painful arthritic disease. Keep reading below to find out what types of food to limit or avoid completely.

The standard diet for a person tormented by gout should be foods that are low in protein. This would entail a kind of diet that would prevent you from taking large quantities of seafood and red and dark meat. Dark fish fillets, sardines, salmon, shellfish, scallops, and anchovies should be shunned, along with animal organs like heart, liver, sausages, and mussels.

Other gout foods to avoid are those rich in purine. This is known to aggravate the levels of uric acid in the body. Certain vegetables like asparagus, cauliflower, mushrooms, spinach, and radishes need to be limited.

You should also limit foods rich in carbohydrates, as they too will elevate the intensity of acidity in your body. Surprisingly, oatmeal, wheat bran, whole-grain breads and yeast are major contributors to prolonged and painful gout attacks.

Consumption of any forms of alcohol should be avoided at all costs. Coffee and tea serve as good alternatives, but water is best since it flushes out the toxins in your body that contribute to the painful acid build up and crystallization.

According to research, a great number of gout sufferers also have diets similar to people with those a history of cardiovascular disease. Given different gout foods to avoid, it is essential for you to determine which foods should be considered in your daily life. Eat foods that are rich in vitamins and minerals, such as fruits, most vegetables, and dairy products. These will aid in maintaining a lower level of uric acid in the bloodstream.

While avoiding certain foods can help prevent gout outbreaks, sometimes you just can't wait out the pain when you're in the throes of an attack. If you want immediate relief, you can try the safe and natural home remedy at <http://www.GetGoutRelief.com> - And the best part is you probably already have what you need in your kitchen and won't need to leave the house!

Gout - A Painful Form Of Arthritis

By: [Mark Bromson, M.D.](#) ★

Many years ago, people thought gout was the result of heavy drinking and too much rich food. Although this is partially true, many patients who see me after a gout attack don't know what is actually causing the pain on a physical level. Another common belief is that only men suffer from gout. Though the condition is more common in men, women are also at risk, especially after menopause. Since 1 in 10 people over 60 get this form of arthritis, it is important to understand how gout affects our joints and how it can be managed in everyday life.

Uric Acid in the Body

Uric acid is a chemical that protects blood vessels from damage and acts as an antioxidant. It is formed when natural cellular building blocks called purines break down. Purines are part of the chemical structure of genes in humans, plants and animals. Therefore, purines are found in nearly every food we eat.

In some people, excessive uric acid builds up in the body. The kidneys, which are responsible for balancing uric acid levels, may not be functioning optimally. It is also possible that your diet contains too many foods with very high purine levels. These include protein rich meats, such as organ meat, or seafood like mackerel, herring, sardines and mussels. When too much uric acid collects in the blood, hard crystals form and become lodged in joints, tendons and other tissues, leading to a gout attack.

Gout symptoms are fairly easy to recognize. Sudden burning pain, tenderness and swelling will occur most typically in a big toe, but also in the knee, ankle or foot. Many people experience a gout attack during the night. The pain and inflammation can last for days or weeks, but it could be months before another attack occurs. If left untreated, gout can cause serious damage to your joints, tendons and tissues over time.

Natural Ways to Manage Gout

Seeing your doctor is important after a gout attack, even if the pain has subsided. He or she will help devise a specific course of treatment, but there are some things you can do to prevent future attacks. One of the greatest risk factors for gout is carrying excess weight. You do not have to become movie star slim, but reducing your body weight by even a moderate percentage is a smart move for your overall health.

Small changes in diet can prevent gout. Research shows that lowfat dairy may stave off attacks. Reduce your intake of the high purine foods mentioned above. Alcohol is another key risk factor for gout (it inhibits the release of uric acid by the kidneys), so you may want to eliminate or significantly reduce alcohol consumption. Beer, in particular, is very high in purines. A recent study found that sweetened soft drinks are almost as likely as

beer to cause gout. So, if you drink several cans of regular soda every week, replace these beverages with natural fruit juice. Fluids, especially water, are important too-they can help the body flush out excess uric acid.

As you age, it is vital to keep joints strong. Exercise and vitamin supplements can help with this. Along with dietary changes and watching your weight, these natural solutions can help significantly reduce the recurrence of gout. Unlike gout sufferers of decades past, you don't have to give up everything you like as long as rich meals and treats are enjoyed in moderation.

Mark Bromson M.D.

<http://www.vitalmaxvitamins.com>

<http://www.vitalmaxvitamins.com/blog>

Top Gout Medicine - Relieve Gout Attacks With These Medications

By: [Sable Woods](#) ★

There may be a lot of natural gout remedies that surface, but one of the first things people turn to when trying to cure the inflammation of bodily joints is gout medicine. Proper medications are typically the main solutions of people inflicted with any forms of ailments and the ones suffering from the attacks of gout. There are a lot of medications that concentrate on reducing the high levels of uric acid in the blood.

Two of the most common kinds of gout medicine you'll encounter are NSAIDs and corticosteroids. They help in lessening the inflammation in the distressed joint. The NSAIDs are taken orally and in high dosage. This will also help in hampering the presence and proliferation of prostaglandin, a substance that contributes to the feeling of severe pain during a gout attack.

If there are cases where NSAIDs does not seem to take effect, then resorting to corticosteroids are usually prescribed. Corticosteroids are also comparable to NSAIDs in giving instant relief to gout sufferers, and it is injected directly into the infected joint. This can be an effective treatment since it mainly targets the infected area. However, one of the negative aspects of this medication is the fact that it cannot be taken on a daily basis or during repetitive attacks. Frequent use of this medication will only weaken your bone cartilage and damage the joints.

If there are instances where these two medications aren't effective, you can turn to a drug called colchicines that can be used for the first 12 hours of the attack. This differs from the other two medications since this can be taken once every hour. This kind of gout medicine has the following side effects: diarrhea, unsettled stomach, and abdominal cramps. Colchicine is considered to be the oldest cure to gout. This has been around for centuries, offering the same relief with that of the other medications.

Gout medicine, like most medications, definitely has its share of side effects. Thus, it is important that you take some time to carefully consider your options. Seeking help from professionals, specialists, and even other gout sufferers with resources will play a salient role in relieving your gout attacks.

Modern medicine doesn't always work best. If you're suffering horribly from gout and want freedom from the pain forever, try a safe and natural [gout relief remedy](#) that's already in your kitchen right now. Control your gout once and for all by visiting <http://www.GetGoutRelief.com>

Gout Home Remedy
By: [Simon Bannon](#)

A popular gout home remedy that seems to actually work for many gout sufferers is to drink cherry juice. Many people who suffer from gout have found that cherry juice helps to reduce the severity and the frequency of gout attacks. In fact several gout sufferers have been able to stop taking their medication as a result of the amazing effects of cherry juice on gout. However it is recommended that you speak to your doctor first before stopping any medication.

One of the more terrible symptoms of gout is intense pain, this can be relieved using medication, however gout medication tends to have terrible side effects. This is why thousands of gout sufferers look for alternatives, such as this gout home remedy. Cherry juice is a good choice because it can relieve the sufferer of gout symptoms without the side effects of medication.

If you intend to use cherry juice as a gout home remedy, make sure the juice comes from tart cherries. Tart cherries contain flavonoids and anthocyanins, which have a positive affect on gout.

Drinking cherry juice on a daily basis is probably the best way to use cherry juice as a gout home remedy. Gout sufferers who do this find that this greatly reduces the frequency of gout attacks. It even has a positive affect on gout sufferers who do not drink cherry juice everyday. If cherry juice is consumed as soon as the gout attack starts, the length and severity of the attack is greatly reduced.

Research is currently being carried out into the effects of anthocyanins and flavonoids and it looks promising. It seems to prove that cherry juice actually does have a positive affect on gout. Although studies are still ongoing.

If you are a gout sufferer you may want to try cherry juice as a gout home remedy. But if you are currently taking medication for gout you are strongly advised that you speak to your doctor before you stop taking medication and trying this gout home remedy.

[What is Gout?](#) To discover the answer and get more information on this condition visit our website today

Gout Food To Avoid - 3 Top Tips

By [John Coutts](#) ★

Gout is painful and debilitating. But it can be largely controlled by the food you eat. The gout food to avoid is the kind with high levels of purines. This substance produces uric acid. Too much uric acid in the body causes gout. So it follows that avoiding eating foods with high levels of purines will help to lessen the chances of a gout attack. Here is my top 3 list of some gout food to avoid...

1. Offal foods are bad for gout. Things like kidneys, tripe, liver and tongue should all stay well off your menu. So should any red meat, at least if taken in excessive quantities.
2. Shellfish are also off limits. Avoid eating scallops, cod roe, crab, lobster, etc. They may taste great, but gout is very, very painful, and there are other, better things you can eat for nutrition.
3. Alcohol... Sorry, but too much of the booze will only add to your gout pain. OK, you can have a couple of glasses of beer, or maybe a glass of wine occasionally, but keep it down to sensible limits.

Gout is a painful form of arthritis. Some 5% of all cases of arthritis is accounted for by gout. It affects the joints and characteristically the sufferer experiences sudden, usually severe, bouts of swelling with redness and pain, often warmth too, in one or several inflamed joints. If you lose excess weight, this will help too, but pay attention to the gout food to avoid and sudden, painful and debilitating attacks will be much less likely.

John Coutts is an experienced author who writes on a variety of popular subjects. Did you find these tips useful? You can learn a lot more about from this resource, <http://www.3minuteguides.com/gout.html>

Forms of Gout

By: [Ken Marlborough](#) ★

Strictly speaking, gout is caused by hyperurecemia, an elevated level of uric acid in the bloodstream due to the body's inability to dispose of this acid. This causes the uric acid to crystallize in the joints, usually beginning with the joint of the big toe. However, there are many misconceptions about gout. Sometimes just when you think you have gout, you have something else instead.

Pseudo-gout: When Gout Isn't Gout

Gout and pseudo-gout both have the same symptoms of aching, swelling, inflammation, and loss of range of motion but the similarity stops there. While gout is caused by crystallization of uric acid in the joints, pseudo-gout is caused by the calcification of the joints. These two conditions appear very different when fluid is extracted from the joint and looked at under a microscope. Also, the source of the pain is different. While gout may be compared to trying to walk with shards of glass in your feet, the pain caused by pseudo-gout comes from the body's natural attempts to protect itself. By sending out special cells called neutrophils to destroy the affected area, the body also destroys some of the live tissue surrounding it, causing pain and swelling.

True gout: Not just in the toes

Gout, if allowed to go untreated, could begin to cause pain in other parts of the body. Contrary to most people's understanding of this affliction, gout is not limited solely to the joint of the big toe. It attacks any of the soft tissues in the body so all the joints are at risk. Scientists have attributed the onset of gout solely on the big toe to the fact that this is the part of the body that receives the least amount of blood flow, and consequently the least heat. Uric acid crystals have been observed to form faster in cold environments. Eventually, if gout continues to go ignored, crystallization of uric acid could spread to the vital organs, affecting basic tasks such as digestion and urination.

Be sure to see your doctor regularly and have medical checkups done annually, particularly if you are above the age of forty. Being prepared against the agony of gout is your best defense.

[Gout](#) provides detailed information on Causes Of Gout, Foods That Cause Gout, Gout, Gout Home Remedy and more. Gout is affiliated with [Laser Printers](#).

Foods that May Induce the Symptoms of Gout

By: [Arturo Ronzon](#) ★

Gout is a type of rheumatoid arthritis caused when purines found in foods that cause gout are broken down by the body into uric acid. This chemical is not harmful itself, and is usually filtered by the kidneys, but consumption of high amounts of foods that cause gout can cause elevated levels of uric acid, a condition called hyperuricemia. When the levels of uric acid in the blood get to be too high, sharp crystals of uric acid can accumulate between joints and cause the inflammation known as gout.

Generally, foods that cause gout are high in fat, and sufferers of gout are recommended to consume less than 30% of their calories from fat. Some foods that cause gout due to their high purine counts are fish, poultry, pork and beef. Other foods that cause gout more frequently are organ meats, such as kidney, heart, and liver, because they contain the highest concentration of purines. Some foods that cause gout do not actually contain meat, but are derivatives of meat, such as broths, fish roe, and bouillon.

In addition, foods that cause gout also include dairy products that are high in fat, such as whole milk, cheese, ice cream, and butter. Soy products can be used as a substitute for dairy products in these cases. Also, some foods that cause gout are vegetables, such as spinach, mushrooms, cauliflower, peas, asparagus, lentils, and beans. Yeast is also a food that causes gout, and by extension beer is also a food that causes gout since it is made from yeast.

Poor kidney function can also be a contributing factor to gout, since the kidneys normally filter out uric acid from the blood stream. In addition to avoiding foods that cause gout, patients should drink plenty of water, and eat foods such as tofu, olive oil, and nuts to help reduce uric acid levels in the bloodstream. Foods rich in complex carbohydrates, such as vegetables, fruits, and whole grains may also ease symptoms of gout. In addition, anti-inflammatory medication combined with a weight loss plan and a diet low in foods that cause gout can alleviate symptoms.

Want to learn more about [Gout Food to Avoid?](#), feel free to visit us at: <http://www.about-goat.info>

Articles On Other Types Of Arthritis

Arthritis Report-How To control Your Arthritis

http://www.arthritispainbegone.com/How_to_Control_Your_Arthritis.html

Osteoarthritis (Wear and Tear)

http://www.arthritispainbegone.com/What_is_Osteoarthritis.html

Rheumatoid Arthritis

http://www.arthritispainbegone.com/What_Is_Rheumatoid_Arthritis.html

Juvenile Arthritis

<http://www.arthritispainbegone.com/Juvenile.html>

Herbal Remedies for Arthritis

http://www.arthritispainbegone.com/Herbal_Remedies.html

Psoriatic Arthritis

http://www.arthritispainbegone.com/what_is_psoriatic_arthritis.html

Pet Arthritis

http://www.arthritispainbegone.com/Cat_Arthritis.html

Arthritis AND Diet

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Arthritis and Exercise

http://www.arthritispainbegone.com/Arthritis_Exercises.html

Amazing Arthritis Relief

<http://www.arthritispainbegone.com>

A handwritten signature in blue ink that reads "Hyacinth Allen". The signature is written in a cursive, flowing style.