

A Gout Home remedy in 2 Hours

More and more **gout** victims are turning to **natural gout** home remedies in preference to mainstream drug-based drugs which are very pricey, have a range of nasty side effects, and only work whilst being taken. And there are a whole range of natural remedies for gout that you can take.

Very Effective Gout Home Remedy is Baking Soda (Bicarbonate of Soda)

I have used this one myself very successfully. This natural gout home remedy has been known to start working in as little as 2 hours in order to get rid of the pain of gout and reduce the signs and symptoms.

- This natural remedy can work so effectively because it has the ability to dissolve **uric acid** crystals in the joints.
- It also can make **uric acid** a lot more soluble so it's excreted more easily.
- And, because it's taken with lots of water, helps the kidneys to flush excess uric acid out of your body.

As I Said Above, this Kind of Remedy is Taken in Water

You add 1/2 teaspoon of baking soda in order to a large glass of water and mix thoroughly until completely dissolved. Then drink a glass first thing in the morning, one every Three to five hours during the day, and then one glass before bedtime. Repeat until the symptoms have gone. Note: don't exceed 4 teaspoons in a 24 hour period.

- But, simply because baking soda is high in sodium you must change to a salt-free diet while taking this particular gout home remedy.
- And if you suffer from high blood pressure, you must talk to your doctor for their permission before taking it.
- As I said above I have found this particular home remedy to be very effective.
- But, of course, it can only be used within a **gout attack**.
- You can't take it on a daily basis to try to prevent attacks.

And **gout prevention** is paramount because recurring gout can at some point leave you with permanent joint damage and even kidney problems. The trouble is that, once you've had only one attack, you might be right now highly likely to have more. Don't worry even though there are natural gout home remedies that can help prevent future gout assaults from ruining your health...

So in order to discover the gout natural home remedies to prevent recurring gout causing you serious health problems, go now in order to <http://gout-relief-today.blogspot.com> for the facts.

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