

Dissolving Gout Crystals Naturally and Fast

Dissolving **gout** crystals doesn't require drugs, you can break down them naturally. Here, you'll find a secret way to eliminate gout crystals using a simple grocery product.

First though, before we know how to get rid of gout crystals naturally, it's probably best when we consider the cause of gout, and, why you may not want to use drug-based treatments to be able to cure your gout.

- As you probably already know just your own gout is caused by **uric acid** crystals that have formed in your joint(s).
- And you probably also know that these are formed when you have relatively high levels of **uric acid** in your blood.
- But did you know that uric acid is actually a byproduct of the metabolizing process that goes on in your body?
- Cells in your body have chemical compounds called 'purines' that produce uric acid.
- But **purines** also exist in your food, which is important, as you'll see below.



And So to Mainstream Medical Treatment

There are drugs to reduce inflammation and relieve pain that do that very well. But they don't break down gout deposits. However, there are other drugs that, whilst they cannot really 'dissolve' crystals, can reduce **uric acid levels** in your blood.

- But more and more gout patients are being attracted to natural remedies for gout that can do everything that drugs can do.
- And with no horrible side effects of those drugs.
- So, what's this 'secret' natural remedy for dissolving gout crystals?
- It really is baking soda.
- Yes, the baking soda you may well have in a kitchen cupboard can dissolve your uric acid crystals.
- And not only dissolve the crystals, but also help raise the solubility of uric acid itself, and, maximise body fluids volume.
- This helps to excrete uric acid more effectively out of your body, thus helping to lower your overall uric acid levels.

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Guide lines of gout treatment If you want this gout disease will not take place in your body then you should follow the guidelines of gout therapy. This disease is not a usual illness this may take place in those people whose uric acid level will be increased more than most of...



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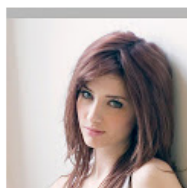
Here's How to Break Up Your Gout Crystals Using Baking Soda...

Thoroughly mix 1/2 tsp. of baking soda (bicarbonate of soda) in a large glass of water. Drink 1 glass before bedtime, a glass in the morning, and a glass every 2 - 4 hours between meals. Follow this particular routine each day until your **gout symptoms** abate.

- Important: Never take more than the equivalent of 4 teaspoons of baking soda in a 24 hour period.
- And, since it is very high in sodium, change to a low-sodium diet and stop putting salt on or in your food.
- Plus, if you suffer from high blood pressure, see your doctor for his or her advice before trying this remedy.
- The above remedy has been shown to be effective, yet, is really only of use throughout an attack.
- You really don't want to be taking it once the attack has abated and also the crystals have been wiped out.
- It has too much sodium for that.
- But you do need to prevent your uric acid rising again and causing you to have regular **gout attacks**.
- You need to do this because of the dangers of permanently damaged joints and kidney problems associated with long term recurring gout.

Now there are many natural ways to help do this, but your diet -- bear in mind purines in food above? -- and other things like your lifestyle, weight, family history, etc. must all be addressed as well, if you are to stop further gout attacks using inherent dangers.

For more information on how to get fast gout pain relief, 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 using horrible side effects.



“ **Susie Hart**

Susie is a leading curator at omex3.com, a resource about alternative natural health. Last year, Susie worked as a post curator at a well-known tech web site. When she's not sourcing web posts, Susie enjoys working out and skateboarding.

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