

# Effective Ways of Getting Relief from Gout Pain

**A**s a **gout** sufferer, when you are compelled to wake up late at night because of unbearable pain in the joints, you will certainly be looking for a quick way of relieving yourself from the pain. If you suffer from **gout attacks** quite frequently, or any member of your family had previously been a sufferer of gout, then you have to be privy to the tricks of dealing with gout with instant effect. One thing that you should definitely do is stop consuming foods that are rich in purine. Those foods play a big role in increasing the level of **uric acid** in your blood and that will certainly lead to gout attacks. Mentioned below are some important tips that will certainly allow you to get rid of the gout assault and prevent it from reoccurring.



## Tips to Get Relief from Gout Pain

You must always keep a system close to you, and that system ought to contain all those items that are essential for getting you the much needed relief from your pain. Keeping the kit is absolutely necessary because it will not be possible for you to run to the doctor late at night. Keeping the necessary pain relieving items close to you will just be sure you manage to ease yourself from the pain when the attack takes place at odd hours.

- The joint that has been affected should be sprayed with a good discomfort relieving spray that has the potential to penetrate into the strong.
- Such sprays are available in abundance in most of the pharmacies.

*You can not avail a spray, then you can certainly choose a oil that is penetrating enough to reach the joints and heal the pain in quick time.*

- You can also go for any over-the-counter pain reliever.
- But it is best not to go for aspirin as that can deteriorate the condition further.

There is a bathtub in your bathroom, then you can soak the affected areas in warm water with drops of Epsom salt and rock and roll salt demolished in it. Apple Cider Vinegar is also considered as a good remedy. In case there is no tub, the same purpose can be served by a large container or a bucket.

## You Must Drink a Lot of Water

The increase in the consumption of water will help you to flush out the excess amount of **uric acid** crystals from your body through urine. If you are free from problems like high pressure or are not undergoing virtually any sodium free of charge eating habits, then it is advisable that you dissolve one or two spoons of baking soda in your glass of water and drink that twice a day.

## You Just Need to Forget Alcohol

Consuming alcohol, especially beer, will act as a huge hindrance in your pain relieving efforts. Along with alcohol, you will also need to give up soda, tea, coffee or other drinks that are rich in caffeine.

## Cherries are a Fantastic Remedy for Gout Pains

So it is wise to make a habit of having cherries or **cherry juice** on a daily basis. If you are not that fond of cherries, blueberries are a good as well as similarly effective alternative.

- Consuming fruits that are rich in vitamin C is also a great thing to do.
- There are certain vegetables too that are rich in vitamin C.
- Having these fruits and vegetables will give you good results as far as reducing your gout pain is concerned.

Author's Bio: Mary Watson is a trendy author which writes articles on gout related problems and the necessity to buy Colchicine for treating the disease. In this article she has discussed the ways of **treating gout**. She suggests her readers to see Bigmountaindrugs.com for further information on this topic.



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