

# Fast Gout Relief at home - Almost Instant Relief With Baking Soda

**Y**ou're looking for a natural way to get fast **gout** relief at home then you're in luck. Here, you will find how baking soda can alleviate gout in as little as 2 hours.

*One of the quickest ways to do this, and relieve your gout symptoms, is through the use of baking soda, which you probably already have in a drawer at home.*

Baking soda has been shown to dissolve uric acid deposits, increase uric acid solubility to make it easier to be able to discharge coming from your body, and increase body fluid volume to help your



“ Your gout is caused by **uric acid** crystals that have been deposited in your joint(s) because you have high **uric acid** in your bloodstream. So, in the course of an attack, you need to get rid of the crystals and expel the excess uric acid from your body.

kidneys excrete uric acid.

Here's how you should take it to ease your **gout symptoms**...

- Add 1/2 teaspoon of baking soda (bicarbonate of soda) to be able to 8oz of water in a large glass and mix thoroughly.
- Drink a glass on waking up in the morning.
- Drink a glass every two to four hours between meals during the day.
- Drink a glass last thing at night just before bedtime.
- Never take more than 4 teaspoons of baking soft drinks a day.
- Continue until your gout symptoms have disappeared.

## But There are a Few Important Things to be Able to Keep in Mind...

Since baking soda is very high in sodium, you need to cut salt out of your diet although you are taking the remedy. At the very least, change to a low-salt diet and do not add salt in order to any cooking or dish.

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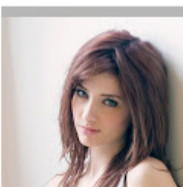
*Easy Ways To Keep Your Polymyalgia Rheumatica Arthritis Under Control Polymyalgia Rheumatica It can be hard to know how to deal with the pain and inflammation brought on by arthritis because there are a lot of different treatment claims to consider. To make your choices a little easier, it is possible to take a look...*

- And do not take this remedy if you suffer from hypertension (high blood pressure) without first consulting your doctor.
- Even if you only suspect you may suffer from hypertension, then consult your doctor about the remedy first.

Here's the thing though; this **natural gout** alleviation remedy is only effective during an actual attack, and should not be taken when you are clear of gout. But, even when you are clear of gout, you need to be constantly working to ensure that your **uric acid levels** will not rise again and bring on another **gout attack**.

- You see, repeating gout attacks can eventually lead to you suffering kidney problems or permanently damaged joints, or even both.
- And, needless to say, you're now more likely to have more attacks since you've suffered at least one.
- There are usually a lot of totally natural ways to get gout relief and help prevent recurring gout.
- You can research these on the Internet, or, you could simply go to the particular Gout Treatment Record that has everything in one place for you.

For information on the **Gout Remedy** Record that shows you how to get fast gout alleviation, plus, stop your gout returning in the future, then go to <http://gout-relief-today.blogspot.com> and find out how you can quickly do both without having expensive drugs with their 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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