

Gout Herbal remedies - Natural Ways to Relieve Pain

Gout is a type of arthritis, where one or two joints are usually affected at the same time especially the feet and the ankle. These days, the use of gout herbal remedies is very popular because they provide relief to victims without the use of drug prescriptions. Furthermore, these types of natural ways of *treating gout* will cost you less and offer no side effects.



- Bilberry - Also called the European blueberry, which has been used for so many years in treating gout.
- It includes a lot of anthocyanins that function for decreasing inflammation and minimizing painful swelling.
- Likewise, it contains antioxidants, which are essential in helping decrease the force or incidence of attacks.
- They will achieve this by reducing the levels of **uric acid** in the body.
- This can be bought as an herbal tea or supplement at health stores.

Nettle Root

This is one of the gout herbal remedies known to be effective. It is also called as "stinging nettle" due to its throbbing pain, which helps reduce **uric acid** when you touch it. Nettle root is considered diuretic, thus helping simplicity symptoms by allowing the kidneys to be able to remove unnecessary acid. Also, this herb serves as a natural antihistamine, which will help minimize swelling. This can be used in soups wherein heat removes the stinging capability.

Flamasil - this herbal product had been recently discovered in order to work in getting rid of the constant pain, soreness, and swelling of gout.

Celery Seed

Celery seed is a powerful cure for helping mitigate symptoms of gout. It is also very useful in decreasing the swelling of joints. This aids in the elimination of excess uric acid in the body. However, this herbal remedy is not recommended for use if you have allergies or pregnant.

Devil's Claw

This herb has the ability to be able to both reduce uric acid focus and eliminate toxic waste products, thus preventing gout assaults. Also, devil's claw are not only used to provide relief from gout pain, but also provide help to people suffering from lower back pain, and arthritis.



GoutUric AcidUric,Treating GoutGout TreatmentGout Attacks

- Lime juice - this is considered as one of the most important gout herbal remedies and is very active in lowering uric acid in the kidney.
- To be able to cure gout, you have to drink at least four glasses of lime juice with water frequently to attain fast relief.

Gout Herbal Remedies are Extremely Efficient in Alleviating Pain and Preventing Attacks

Also, they do not cause any type of side effects. But apart from these remedies, you should also practice other precautionary measures such as diet modification, exercise, and prevention from smoking and alcohol ingestion to get rid of future attacks.

Alvin Hopkinson is a leading researcher in the area of treatments and **gout treatment**. Discover how you can get rid of the gout for good using proven natural home remedies, all without using harmful medications or drugs. Visit his site today at <http://www.goutremoval.com>.

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