

How to stop Gout Attacks Naturally

Looking for a natural way to stop **gout attacks**? Then you've come the right place. Here, you will find the cause of your gout, exactly why more people are choosing natural remedies, and, how to stop **gout** attacks naturally and prevent them from coming back.

- Considering the question of how to stop gout attacks you have 2 basic options; medications or natural remedies.
- And in order to understand their benefits it is worthwhile going over the cause of gout...

Cause of Gout Symptoms

The symptoms of gout -- redness, temperature, stiffness, inflammation, swelling and horrible pain -- arise because of the body's reaction to be able to crystals of **uric acid** that have accumulated in the joints. The big toe is by far the most prevalent, but gout can appear in most any joint.

The **uric** acid crystals are produced from excess levels of uric acid that our kidneys have been unable to flush out of our systems, for one reason or another. And uric acid itself is a byproduct of the breakdown of compounds in our cells called "purines". These also exist in much of our food. In your body, they are part of the process that provides us with our energy and protein needs.

So you can see that high levels of uric acid in your bloodstream leads to gout assaults. In order to stop attacks, you need to reduce these higher-than-normal levels of uric acid, and, maintain them at a lot more normal levels for your body.

Drugs to Stop Gout Attacks

When your doctor has diagnosed you with gout they will usually prescribe anti-inflammatory's to reduce the inflammation and help relieve pain. Plus, they may also suggest a long-term span of drugs to help lower your **uric acid levels**.

- Both in short term pain and symptom relief, and, longer term uric acid reduction, these drugs can work very well.
- Except for two things:

They have some nasty side effects like nausea, vomiting, headaches, stomach cramps, ulcers, bleeding as well as skin allergies.

- The uric acid reducing drug only works as long as you take it.
- Should you stop, your acid levels can rise again.
- This is why so many gout sufferers take this for the rest of their lives.

Why Gout Sufferers are Using Natural Means to Stop Gout Attacks

Because of the downsides with drugs given previously mentioned, more and more sufferers are turning to natural home-based treatments to be able to both eliminate the symptoms of a gout attack, and, reduce and maintain their uric acid at healthier levels to prevent recurring gout.

- And it really is very important to prevent frequent gout attacks as these can cause serious damage to your joints, even permanent damage.
- And they can also cause painful kidney stones and kidney damage in some cases.

How to Stop Gout Attacks Naturally

Combination of natural approaches for both **gout symptom** relief, and, uric acid reduction can help you do this...

There are tons of home remedies for gout attack relief: for example, consuming a lot of cherries everyday; drinking **cherry juice**; having raw apple cider vinegar in water daily; drinking a minimum of 2 to 3 liters of drinking water a day; hot and cold water compresses; drinking baking soda mixed in water; plus many, many more.

And there are numerous natural home remedies that can help lower uric acid, such as; alfalfa, supplemental vitamin C, devil's claw, juniper, nettle, saffron, etc.

- But, what might work for a lot of might not for others since everyone's circumstances are different.
- You have to experiment and find what combination is best for you.
- In addition, you need to address critical things like your diet and lifestyle...

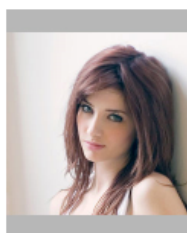
For example, because uric acid-producing **purines** also occur in food, as a gout sufferer, you need to change to a low-purine diet in order to help lower your uric acid levels. Basically, you need to avoid things like red meat, poultry, some fish, shellfish, etc., and replace with low-purine foods like essential fatty acids, low fat dairy products, complex carbohydrates as well as foods full of vitamin C.

You're in Fortune Though

There's a special gout report available online notice below that has all of the information. you need in a place. That is exactly what thousands of ex-gout patients throughout the world have successfully used to prevent their gout returning. It also has a special 2 hour gout pain relief program.

And that uses fully-researched, totally natural methods. So you gain two ways: (1) you get rid of the excruciating pain very fast, and, (2) you stop your gout going back, so that you reduce the risk of permanent damage.

You need to stop gout episodes fast, plus, prevent 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 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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