

# Olive Leaf Tea for Gout

**G**out is a form of arthritis which really means it causes **joint pain**. Usually gout sufferers experience terrible pain in the big toe but other areas may be affected as well. Gout occurs because there is an accumulation of **uric acid** in the blood. Eventually the concentration of **uric acid** is so great that crystals form and therefore are transferred in the joints. Perhaps more alarmingly the crystals can also build up in the major organs of the body. So, if this of gout is felt it needs to be dealt with. All those crystals need to be eradicated before they can cause any organ damage.



## Gout is a Serious Problem and Medical Attention Should be Sought (and Indeed Followed)

But there are ways to help the medics. Some herbal remedies regarding gout can be quite effective in speeding along recovery. If you are taking medication its a good idea to let your physician know about any herbal solutions you are taking too.

- Since gout is a build up of uric acid it would seem appropriate in order to find a way to reduce uric acid in the blood.
- One effective way is to promote urine production.
- When our bodies are in balance urine requires uric acid out of our bodies naturally.
- So if we produce more urine and indeed urinate more often we should be able to get rid of some excess uric acid.
- Makes sense doesn't it?
- Firstly drinking plenty of water is crucial.
- A body which is dehydrated will not function correctly and will not be able to flush the uric acid from the blood efficiently.

## Increasing Urine Production If You Take Some Form of Diuretic can be a Good Idea

Olive leaf has been taken as a diuretic since Biblical times so this is one leaf worth considering for those who have gout. In 1993 a study In Japan figured drinking four cups of olive leaf tea a day for three weeks may increase urine production by up to 15%. Increased urine production cuts down on the concentration of uric acid within the blood which is the thing you really want to do for those who have gout!

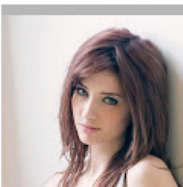
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*Choose joint pain supplements over medicines for better results Joint pains are common problems in many people. There are innumerable factors that might cause joint pain in a person. Some of the most common reasons that lead to joint pains in a person include aging, any kinds of injuries, and chronic conditions...*

There will be much more work that needs to be done on the possible benefits of olive leaf tea, but so far, all indications are very positive. There have been no major side effects reported possibly which is great news. Though, since olive leaf has also been found to lower blood pressure and blood sugar levels it should be taken under medical supervision by those with low blood pressure and diabetics.

- Gout often runs in families so if you think you are at risk of suffering from gout, taking olive leaf tea or olive leaf extract might be a good idea.
- That way you may well stay away from this painful condition.
- Taking the olive leaf in tea form seems one of the most smart option as that way you also keep hydrated which is very important.
- The author is researching more olive leaf benefits and every aspect of the olive fruit.
- See our own website All That's Olive.



“ **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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