

# Treating Gout With Alternative Medicine

**T**he name of the disease is not what concerns the person who treats the patient holistically, for they are looking at the disease in the patient, not the **gout**. Gout is a manifestation of the disease in the patient, treating the presenting symptoms with medicines for the inflammation and pain may relieve the symptoms briefly, but it's not dealing with the cause of the condition.

So what is the cause of gout? One might be told that some families have a predisposition to gout, and you may be told that some foods aggravate the condition, and that's about all that can be done if you are treated conventionally, you will also be given some prescription drugs to be able to alleviate your soreness, and to reduce inflammation. If you do nothing else to fix the cause of your gout, then it's very unlikely you will see virtually any improvement in your health.

You may well say that since you have been taking a certain drug that have not had any gout assaults, and as far as you are concerned not much else matters. Unfortunately the prescription drugs have only palliated the condition, and with constant ingestion of anti-inflammatory drugs and pain killers your gouty condition will continue to develop guiding the scenes, and your general health will weaken as a result of the drugs you are taking.

Alternative medicine, depending on what modality you have chosen, would to begin with want to overhaul your diet, for a diet rich in **purine** foods would certainly exacerbate the problem, and may even be solely responsible for your gout.

Foods high in purines and so are therefore to be avoided: Meat gravies, stocks, organ meats, shellfish, anchovies, sardines, herrings, mussels, mushrooms and asparagus. Alcohol, especially beer is high in purines, and for that reason must be avoided. Any alcohol taken should be followed by copious amounts of water to avoid dehydration and consequent **uric acid** build-up. Meat, white flour, sugar, poultry, dried beans, fish, oatmeal, cauliflower, spinach and peas are moderately high in purines, and may need to be avoided.

The ideal eating habits should have a lot of organic fresh fruit, vegetables, wholegrains, and a very important dietary addition is wheatgrass. Fruits, vegetables and fruit drinks assist the removal of **uric acid**, and foods that neutralize uric acid tend to be strawberries, cherries, and celery juice, also drink lots of filtered water. Many people have found that the addition of **cherry juice** to their diet has prevented further gout episodes.

You may be given herbs or perhaps homeopathic remedies for your condition, however a change in your dietary habits may be all that is needed in order to improve your health. What a simple answer to what could stay an entire life problem if you may no effort to be able to change your eating habits. If you wish to rid yourself of your gout, alternative medicine are able to help you.

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