

# Gout in joints, especially of the feet and hands

Gout (also known as podagra when it involves the big toe) is a medical condition usually characterized by recurrent attacks of acute inflammatory arthritis—a red, tender, hot, swollen joint. The metatarsal-phalangeal joint at the base of the big toe is the most commonly affected. However, it may also present itself as tophi, kidney stones, or urate nephropathy. It is caused by elevated levels of uric acid in the blood which crystallize and are deposited in joints, tendons, and surrounding tissues.



Diagnosis is confirmed clinically by the visualization of the characteristic crystals in joint fluid. Treatment with nonsteroidal anti-inflammatory drugs (NSAIDs), steroids, or colchicine, and most importantly medical marijuana improves symptoms. Once the acute attack has subsided, levels of uric acid are usually lowered via lifestyle changes.

Gout has increased in frequency in recent decades affecting approximately one to two percent of the Western population at some point in their lives. The increase is believed to be due to increasing risk factors in the population, such as metabolic syndrome, longer life expectancy and changes in diet. Gout was historically known as "the disease of kings" or "rich man's disease".

## SIGNS AND SYMPTOMS

Gout can present in a number of ways, although the most usual is a recurrent attack of acute inflammatory arthritis (a red, tender, hot, swollen joint). The metatarsal-phalangeal joint at the base of the big toe is affected most often, accounting for half of cases. Other joints, such as the heels, knees, wrists and fingers, may also be affected. Joint pain usually begins over 2–4 hours and during the night. The reason for onset at night is due to the lower body temperature then. Other symptoms that may occur along with the joint pain include fatigue and a high fever.

Long-standing elevated uric acid levels (hyperuricemia) may result in other symptomatology, including hard, painless deposits of uric acid crystals known as tophi. Extensive tophi may lead to chronic arthritis due to bone erosion. Elevated levels of uric acid may also lead to crystals precipitating in the kidneys, resulting in stone formation and subsequent urate nephropathy.

## CAUSE

Hyperuricemia is the underlying cause of gout. This can occur for a number of reasons, including diet, genetic predisposition, or under excretion of urate, the salts of uric acid. Renal under excretion of uric acid is the primary cause of hyperuricemia in about 90% of cases, while overproduction is the cause in less than 10%. About 10% of people with hyperuricemia develop gout at some point in their lifetimes. The risk, however, varies depending on the degree of hyperuricemia.



## LIFESTYLE

Dietary causes account for about 12% of gout, and include a strong association with the consumption of alcohol, fructose-sweetened drinks, meat, and seafood. Other triggers include physical trauma and surgery. Recent studies have found dietary factors once believed to be associated are in fact not, including the intake of purine-rich vegetables and total protein. The consumption of coffee, vitamin C and dairy products as well as physical fitness appear to decrease the risk. This is believed to be partly due to their effect in reducing insulin resistance.



## GENETICS

The occurrence of gout is genetic, contributing to about 60% of variability in uric acid level. A few rare genetic disorders, including familial juvenile hyperuricemic nephropathy, medullary cystic kidney disease, phosphoribosylpyrophosphate synthetase super activity, and hypoxanthine-guanine phosphoribosyltransferase deficiency as seen in Lesch-Nyhan syndrome, are complicated by gout.

## MEDICAL CONDITIONS

Gout frequently occurs in combination with other medical problems. Metabolic syndrome, a combination of abdominal obesity, hypertension, insulin resistance and abnormal lipid levels occurs in nearly 75% of cases. Other conditions which are commonly complicated by gout include: polycythemia, lead poisoning, renal failure, hemolytic anemia, psoriasis, and solid organ transplants. A body mass index greater than or equal to 35 increases a male's risk of gout threefold. Chronic lead exposure and lead-contaminated alcohol are risk factors for gout due to the harmful effect of lead on kidney function. Lesch-Nyhan syndrome is often associated with gouty arthritis.



## PROGNOSIS

Without treatment, an acute attack of gout will usually resolve in 5 to 7 days. However, 60% of people will have a second attack within one year. Those with gout are at increased risk of hypertension, diabetes mellitus, metabolic syndrome, and renal and cardiovascular disease and thus at increased risk of death. This may be partly due to its association with insulin resistance and obesity, but some of the increased risk appears to be independent.

Without treatment, episodes of acute gout may develop into chronic gout with destruction of joint surfaces, joint deformity, and painless tophi. These tophi occur in 30% of those who are untreated for five years, often in the helix of the ear, over the olecranon processes, or on the Achilles tendons. With aggressive treatment, they may dissolve. Kidney stones also frequently complicate gout, affecting between 10 and 40% of people, and occur due to low urine pH promoting the precipitation of uric acid. Other forms of chronic renal dysfunction may occur.

## EPIDEMIOLOGY

Gout affects around 1–2% of the Western population at some point in their lifetimes, and is becoming more common. Rates of gout have approximately doubled between 1990 and 2010. This rise is believed to be due to increasing life expectancy, changes in diet, and an increase in diseases

associated with gout, such as metabolic syndrome and high blood pressure. A number of factors have been found to influence rates of gout, including age, race, and the season of the year. In men over the age of 30 and women over the age of 50, prevalence is 2%.

In the United States, gout is twice as likely in African American males as it is in European Americans. Rates are high among the peoples of the Pacific Islands and the Maori of New Zealand, but rare in Australian aborigines, despite a higher mean concentration of serum uric acid in the latter group. It has become common in China, Polynesia, and urban sub-Saharan Africa. Some studies have found attacks of gout occur more frequently in the spring. This has been attributed to seasonal changes in diet, alcohol consumption, physical activity, and temperature.

## **MEDICATION**

Diuretics have been associated with attacks of gout. However, a low dose of hydrochlorothiazide does not seem to increase the risk. Other medicines that have been associated include niacin and aspirin (acetylsalicylic acid). Cyclosporine is also associated with gout, particularly when used in combination with hydrochlorothiazide, as are the immuno-suppressive drugs ciclosporin and tacrolimus.

## **PREVENTION**

Both lifestyle changes and medications can decrease uric acid levels. Dietary and lifestyle choices that are effective include reducing intake of food such as meat and seafood, consuming adequate vitamin C, limiting alcohol and fructose consumption, and avoiding obesity. A low-calorie diet in obese men decreased uric acid levels. Vitamin C intake of 1,500 mg per day decreases the risk of gout by 45% compared to 250 mg per day. Coffee, but not tea, consumption is associated with a lower risk of gout. Gout may be secondary to sleep apnea via the release of purines from oxygen-starved cells. Treatment of apnea can lessen the occurrence of attacks.

## **TREATMENT**

The initial aim of treatment is to settle the symptoms of an acute attack. Different drugs used to reduce the serum uric acid levels can prevent repeated attacks. Ice applied for 20 to 30 minutes several times a day decreases pain. Options for acute treatment include nonsteroidal anti-inflammatory drugs (NSAIDs), colchicine and steroids, while options for prevention include allopurinol, febuxostat and probenecid. Lowering uric acid levels can cure the disease. Treatment of co morbidities is also important.

## **NSAIDS**

NSAIDs are the usual first-line treatment for gout, and no specific agent is significantly more or less effective than any other is. Improvement may be seen within 4 hours, and treatment is recommended for 1–2 weeks. They are not recommended, however in those with certain other health problems, such as gastrointestinal bleeding, renal failure, or heart failure. While indomethacin has historically been the most commonly used NSAID, an alternative, such as ibuprofen, may be preferred due to its better side effect profile in the absence of superior effectiveness. For those at risk of gastric side effects from NSAIDs, an additional proton pump inhibitor may be given.

## **COLCHICINE**

Colchicine is an alternative for those unable to tolerate NSAIDs. Its side effects (primarily gastrointestinal upset) limit its usage. Gastrointestinal upset, however, depends on the dose, and the risk can be decreased by using smaller yet still effective doses. Colchicine may interact with other commonly prescribed drugs, such as atorvastatin and erythromycin, among others.

## STEROIDS

Glucocorticoids have been found to be as effective as NSAIDs and may be used if contraindications exist for NSAIDs. They also lead to improvement when injected into the joint; the risk of a joint infection must be excluded, however, as they worsen this condition.

## PEGLOTICASE

Pegloticase (Krystexxa) was approved in the USA to treat gout in 2010. It will be an option for the 3% of people who are not adequately treated with other medications due to their association with severe allergic reactions. Pegloticase is administered as an intravenous infusion every two weeks. As of March 2010, however, no double blind, placebo controlled trials have been completed.

## PROPHYLAXIS

A number of medications are useful for preventing further episodes of gout, including xanthine oxidase inhibitor (including allopurinol and febuxostat) and uricosurics (including probenecid and sulfinpyrazone). They are not usually commenced until one to two weeks after an acute attack has resolved, due to theoretical concerns of worsening the attack, and are often used in combination with either an NSAID or colchicine for the first 3–6 months. They are not recommended until a person has suffered two attacks of gout, unless destructive joint changes, tophi, or urate nephropathy exist, as it is not until this point that medications have been found to be cost effective. Urate-lowering measures should be increased until serum uric acid levels are below (5.0-6.0 mg/dL) and are continued indefinitely. If these medications are being used chronically at the time of an attack, it is recommended they be continued.

As a rule of thumb, uricosuric drugs are preferred if there is under secretion of uric acid, in turn indicated if a 24-hour collection of urine results in a uric acid amount of less than 800mg. They are, however, contraindicated if the person has a history of renal stones. In contrast, a 24-hour urine excretion of more than 800mg indicates overproduction, and xanthine oxidase inhibitors are preferred. Overall, probenecid appears to be less effective than allopurinol.

Xanthine oxidase inhibitors (including allopurinol and febuxostat) block uric acid production, and long-term therapy is safe and well tolerated, and can be used in people with renal impairment or urate stones, although allopurinol has caused hypersensitivity in a small number of individuals. In such cases, the alternative drug febuxostat have been recommended.

The Dutch scientist Antonie van Leeuwenhoek first described the microscopic appearance of urate crystals in 1679. In 1848 English physician, Alfred Baring Garrod realized that this excess uric acid in the blood was the cause of gout.

Gout is a disorder of purine metabolism, and occurs when its final metabolite, uric acid, crystallizes in the form of monosodium urate, precipitating in joints, on tendons, and in the surrounding tissues. These crystals then trigger a local immune-mediated inflammatory reaction with one of the key proteins in the inflammatory cascade being interleukin 1 $\beta$ . An evolutionary loss of uricase, which breaks down uric acid, in humans and higher primates is what has made this condition so common.

The triggers for precipitation of uric acid are not well understood. While it may crystallize at normal levels, it is more likely to do so as levels increase. Other factors believed to be important in triggering an acute episode of arthritis include cool temperatures, rapid changes in uric acid levels, acidosis, articular hydration, and extracellular matrix proteins, such as proteoglycans, collagens, and chondroitin sulfate. The increased precipitation at low temperatures partly explains why the joints in the feet are most commonly affected. Rapid changes in uric acid may occur due to a number of factors, including trauma, surgery, chemotherapy, diuretics, and stopping or starting allopurinol.

Gout is rare in most other animals due to their ability to produce uricase, which breaks down uric acid. Humans and other great apes have lost this ability, and thus gout is common. The Tyrannosaurus rex specimen known as "Sue", however, is believed to have suffered from gout.

## **CANNABINOIDS—BENEFIT GOUT**

video.google.com www.medicalcannabis.com

### **Benefits of Marijuana**

One of marijuana's oldest recorded uses is relieving swelling and inflammation. Currently, modern scientists are exploring a network of cannabinoid receptor sites located throughout the body. This new understandings of cannabinoid research clearly supports the historical references on treating inflammation with marijuana. Different cannabinoids founds naturally in marijuana have different benefits for arthritis sufferers. Tetrahydrocannabinol (THC) is beneficial as a pain reliever. Cannabichromene (CBC) and cannabidiol (CBD) have been shown in clinical studies to have valuable anti-inflammatory properties.

### **Condition Description**

Arthritis literally means "joint inflammation". It consists of more than 100 different conditions. The common symptoms for all these conditions are joint and musculoskeletal pain, which is why they are all considered forms of "arthritis". Often the pain associated with arthritis is a result of inflammation of the joint lining. Inflammation is the body's natural response to injury. The warning signs that inflammation presents are redness, swelling, heat and pain. When a joint becomes inflamed, it can prevent the normal use of the joint and therefore it can cause the loss of function of joint.

Gout is one of the most painful forms of arthritis. Gout is caused when crystals of uric acid form in the connective tissue and/or joint spaces.

### **Research**

Arthritis and Cannabinoids: HU-210 and Win-55, 212-2 Prevent IL-1Alpha-Induced Matrix Degradation in Bovine Articular Chondrocytes In-Vitro.

Mbvundula EC, Bunning RA, Rainsford KD.

Biomedical Research Centre, Sheffield Hallam University, Sheffield, S1 1WB, UK.

Cannabinoids have analgesic, immunomodulatory and anti-inflammatory properties and attenuate joint damage in animal models of arthritis. In this study the mechanisms of action of the synthetic cannabinoid agonists, HU-210 and Win-55,212-2, were studied to determine if they affected interleukin-1 alpha (IL-1alpha)-induced proteoglycan and collagen degradation in bovine nasal cartilage explant cultures and prostaglandin E2 (PGE2) production in primary cultures of bovine articular chondrocytes. The effects of the inactive enantiomer, Win-55,212-3, were compared with those of the active enantiomer, Win-55,212-2, to determine if the effects were cannabinoid (CB)-receptor mediated. The chondrocytes and explants were stimulated by IL-1alpha (100 U mL<sup>-1</sup> identical with 0.06 nM and 500 U mL<sup>-1</sup> identical with 0.3 nM, respectively). Proteoglycan breakdown was determined as sulfated glycosaminoglycan (sGAG) release using the dimethylmethylene blue assay. Collagen degradation was determined as hydroxyproline in the conditioned culture media and cartilage digests. ELISA determined PGE2. Expression of cannabinoid receptors, CB1 and CB2; cyclooxygenase-1 and -2 (COX-1 and COX-2); inducible nitric oxide synthase (iNOS); as well as activation of nuclear factor-kappa B (NF-kappaB) in chondrocytes were studied using immunoblotting techniques and immunofluorescence.

The results showed that HU-210 and Win-55,212-2 (5-15 microM) significantly inhibited IL-1-alpha stimulated proteoglycan (P < 0.001) and collagen degradation (P < 0.001). Win-55,212-2 (5-10 microM) also significantly inhibited PGE2 production (P < 0.01). At 5 microM, Win-55,212-2 inhibited

the expression of iNOS and COX-2 and activation of NF-kappaB. Chondrocytes appeared to constitutively express cannabinoid receptors CB1 and CB2. It is concluded that biologically stable synthetic cannabinoids protect cartilage matrix from degradation induced by cytokines and this effect is possibly CB-receptor mediated and involves effects on prostaglandin and nitric oxide metabolism. Cannabinoids could also be producing these effects via inhibition of NF-kappaB activation.

## CANNABINOID RESEARCH

### Sativex

Sativex (CBM) is a marijuana-based drug that was developed by GW Pharmaceuticals in 2005 as a treatment for Multiple Sclerosis. Sativex has however been shown to have beneficial effects in rheumatoid arthritis. Tests of Sativex on arthritis patients showed it helped reduce pain, and improve quality of sleep. Sativex is not psychoactive and comes in the form of a mouth spray composed mainly of two cannabinoids found naturally in marijuana, Tetrahydrocannabinol (THC) and cannabidiol (CBD).

Topical application of cannabis extract on cases of arthropathy (gout) were done in So. Calif. Positive test results: less inflammation, less pain than placebo group.

Make your own Cannabis Liniment: Crush 1 oz of Indica shake. Put it into a container and add on top of it 12-16 ozs. Isopropyl Alcohol (70-90 %). Tightly cover the container and shake vigorously. Then allow mixture to set or steep in the container for 15-30 days. Shake it lightly once everyday. Do not open the container until the 30 days is up. When it is done, open the container and filter the contents to remove any solids. Pour the mixture into a dispensing bottle with a good tight cap. Your liniment is ready to use.

Cannabinoids decrease inflammation by suppressing certain parts of the immune system. You can also take cannabinoids by vaporizing, edibles, as an extract or tincture (under the tongue), or in a suppository form.

## DMSO as a Gout Treatment

<http://www.acutegouttreatment.com/treatments>

### Dimethyl Sulfoxide

DMSO, Dimethyl Sulfoxide, is an effective sulfur-containing organic solvent.

At the Gout Clinic we Love sulfur.

Its medical properties were discovered in 1963 by a research team headed by Stanley W. Jacob, MD.

DMSO is an effective pain killer.

It **reduces inflammation** and swelling, improves joint mobility and it **improves blood flow** to a gout affected area by dilating blood vessels and by reducing blood platelet stickiness (decreasing blood viscosity).

It is a strong solvent, which penetrate easily the skin, penetrate tissues, and enters the bloodstream.

Being a solvent, we use it as a carrier for other substances or drugs and it also potentiates their effect.



## At The Gout Clinic, we use DMSO:

- Topical (with additions of e.g. Iodine, rosemary extract, castor oil, ACV, turpentine, wintergreen oil, MgCl, etc.)
- As an addition in certain foot baths.
- As an addition to poultice therapy.

DMSO IS A, SAFE TREATMENT. IT WAS NAMED BY DR. STANLEY "MIRACLE MEDICINE"

# Essential Oils for Gout

## A Natural Treatment

Essential oils are aromatic, naturally occurring chemical components of plants that are usually extracted by (steam) distillation. Thorough lab testing of these chemical constituents has led to an understanding of their benefits, and in recent years, interest in therapeutically blended essential oils for the treatment of gout has increased.

Our favorite essential oil is **rosemary**, due to its **anti-inflammatory** characteristics and for being **kidney stimulating**.

In the 16th century, Paracelsus, a renowned German-Swiss **physician** and botanist, valued rosemary oil because of its ability to strengthen the entire body. He correctly believed that rosemary oil had the ability to heal delicate organs such as the liver and kidneys.

At the Gout Clinic we use Essential oils in our creams, poultice, baths, massages and in combination with our DMSO treatment.



## Some of the Essential Oils we use are;

- Rosemary
- Peppermint
- Basil
- Geranium
- Birch
- Pine
- Cypress
- Thyme
- Wintergreen
- Nutmeg
- Ginger



What About Food and Gout

Drink, Drink, Drink Water!

Uric acid in your blood is the culprit. The excessive uric acid that can't be excreted out of your system by your kidneys leads to gout. Water helps to expel it out of your body before it gets a chance to crystallize.

In The Gout Clinic, we replace a lot of the daily water intake by fresh green coconut-water, which has an ideal composition to cure gout. Minimal daily intake is three coconuts.

PH

The more alkaline the blood, the more soluble uric acid is. Healthy blood is alkaline.

Some people conclude that higher PH is the solution to GOUT and to better health, and you have to reach it in an efficient way. So baking powder (sodium bicarbonate) becomes the miracle powder, "The Magic Gout Cure".

WRONG, It temporarily increases the PH of your blood, but does not cure your PH problem. Furthermore, taking bicarbonate for a prolonged time is dangerous. The first symptom is pale skin, and it can even lead you to death.

Every cell in your body needs the correct **Na/K equilibrium** to function well.

(Na = Natrium or Sodium, K = Kalium or Potassium).



Gout is a typical "Modern Lifestyle" epidemic.

Modern Lifestyle results normally in a disturbed Na/K ratio AND in **K deficiencies**. Taking sodium bicarbonate, although causing an immediate gout relieve effect (fixing PH), **MAKES YOU MORE SICK**, by further disturbing the Na/K ratio.

But sodium bicarbonate restores the acid/alkaline (PH) balance temporarily. However, if the same practices that created the Metabolic Acidosis are continued, the balance will quickly be lost again.

Taking less Na (salt), as promoted for a healthy life (lowering blood pressure, etc.), by nearly every doctor, even by the WHO, is not the solution either. It tend to fix the faulty Na/K ratio, but does not fix the absolute values. It does not correct the K deficiency. We need K and Na in our body, and we need lots of it, every cell in our body needs it to function well.

The right solution is to increase your K (potassium) intake!

Gout Diet at The Gout Clinic

Nopal Leaves, Nopal Fruit and Other Cactus Fruits

Growing naturally, organically, near The Gout Clinic. It has been used by the Mexican tribes since time immemorial as medicine and food. In fact, the Aztecs believed that the nopal cactus was food fit for the royalty and warriors. Today, the nopal cactus has once again become popular for its many health benefits. For treating Na/K ratio, gout, diabetes, metabolic disorders, digestive problems, cardiovascular and heart problems (lowering cholesterol, triglycerides and tackling plaque). For Cleansing the colon, the Liver and is used for obesity control.



At The Gout Clinic, we use plenty of them in almost every Juice, and you can eat as much as you like of it; raw. It is essential in every gout diet.

- Jicama, the root of The Gods (Aztecs)

The locally grown Mexican jicama is similar in texture to a turnip with a taste closer to an apple. It is crisp, white, and has solid flesh. Locally, Children loves it as a snack with Chili sauce.

At The Gout Clinic we used it both Juiced and whole.

It is low in calories but high in a vital nutrients (restoring Na/K ratio), and vitamins. Beside protecting against inflammation it is very fiber rich, and the fibers are infused with oligofructose **Inulin**, which has zero calories, doesn't metabolize in the body,





but gives jicama its sweet taste, without having fructose. Inulin, besides promoting bone health, has a prebiotic role in the intestine. Inulin promotes "good" bacteria growth, maintaining both a healthy colon and balanced immunity.

Furthermore, jicama has a very low glycemic index.

Jicama is a blessing for gout patients, it helps lowering uric acid in the body.

It is the perfect gout diet ingredient.

- Aloe Vera

The leaves of the locally grown aloe vera are pure gout medicine.

Google "Aloe Vera Health Benefits," to learn about its other amazing health properties.

For us, our main interest is in cell regeneration, encouraging blood circulation and possible anti-inflammatory characteristics.

We use aloe vera gel fillet in juices and the whole leaf, juiced, as an implant.

Its claimed **blood flow repair** capabilities originates from:

- its anti-inflammatory effect on the capillary blood vessels walls, resulting in a larger net flow area
- reinforcing capillary vessel walls by its silicon content
- reducing blood viscosity.



"Let food be thy medicine and medicine be thy food"

Hippocrates

Our Body is programmed to heal itself.

Not only external damage, like wounds, but also internal damage like clotted arteries, bad functioning liver, etc.

However, the body needs the proper tools and material to do this.

The larger the variety of tools and materials (in sufficient amounts), the easier the body can heal itself.

The tools and materials needed in a gout diet are:

- 1) Macronutrients:
  - Proteins (amino acids, which are the large building blocks for organ and gland repair)!
  - Carbohydrates (they provide energy to the body)
  - Unsaturated fatty acids
- 2) Minerals, essential small building blocks
- 3) Vitamins, essential tools for rebuilding health
- 4) *and* very important; **ENZYMES**, acting as facilitators during health rebuilding.

By just consuming burgers, hot dogs and coke, you neither get the building blocks nor the tools your body needs to rebuild its health.



At the Gout Clinic, the food you will eat will be your "medicine" to heal gout.

- Flax & Chia seeds

The Health benefits of these two seeds are well known.

These seeds are "GOUT MEDICINE".

- Raw Honey

Today, in the commercial western world it is nearly impossible to buy RAW honey.

Labels only mislead people. Printing "containing raw honey" or "raw honey artisan processed" does not mean it is raw honey.

During the Artisanal process heat is normally applied, resulting in destroying the enzymes in the honey.

These enzymes are why raw honey is so beneficial for your health rebuild.



**Bio Available Hydrogen Peroxide** is made naturally in honey by an **enzyme** called **glucose oxidase**. This enzyme gives rise to hydrogen peroxide when real raw honey becomes diluted. The heat involved in (artisanal) honey processing (like pasteurization or reducing viscosity for better flow) destroys the enzymes that produce hydrogen peroxide. Hydrogen Peroxide, in small amounts, enables specific enzymes to do their job. It has a very powerful way of working. It is catalyzing a catalyst!!!!

At the Gout Clinic, we are very lucky to have many local sources of unprocessed raw honey coming from unpolluted mountain areas.

Whiteout going in detail, below we mention a non complete list of foods we use at The Gout Clinic.

Most of them are grown locally in a biological way.

### **MANY ARE USED JUICED (COLD PRESSED).**

- Coco
- Nopal
- Cactus Fruits
- Jicama
- Aloe Vera
- Guanábana
- **Alpiste** \milk (for drinking or enemas)
- **Wheat grass** (for drinking or implants), our wheat grass is grown in house.
- Lime
- Apple Cider Vinegar "ACV", fermented in our facilities.
- Raw Honey
- Ginger
- Turmeric root
- Chili Costenjo
- Noni
- Guayaba
- Chayote
- **Papaya** (and it seeds)
- Pineapple
- Fermented Pineapple juice
- Fermented Noni juice
- Mango

- Broccoli
- Watermelon
- **Milk** (Skimmed)
- Rejuvelac
- Celery
- Onion
- Garlic
- Ceylon Cinnamon
- Kale
- Parsley
- Koriander
- Cucumber
- **Zucchini** (juiced and Zoodles)
- Grapes
- **Apple** ('malic acid' in apple helps in neutralizing the excessive uric acid)
- Cherries and Berries
- Banana
- Orange
- Pomegranate
- **Chamote** (sweet potato)
- Tomate, Jitomate and Tomatillo
- Carrots
- Beetroot
- Fish: Sierra
- Bush Chicken
- Brown Rice

## Gout Medicinal Herbs

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The big problem with gout medicines (beside not curing) are the harmful side effects.

Gout medicinal herbs can be very effective **without damaging side effects**.

Medicinal gout herbs do help:

- Improve kidney function
- Improve Liver function
- Reducing the production of UA by inhibiting Xanthine Oxidase
- Increase of uric acid evacuation
- Tackling inflammation

Often they help improving your overall health.

Medicinal herbs have attained new prestige, thanks to the sponsorship of the World Health Organization (WHO), which is promoting its further development.

### **MEDICINAL HERBS IN MEXICO**

At The Gout Clinic, we are very fortunate to be located here in the middle of herb paradise.

Mexico is one of the world's most biologically diverse countries.

So it is not surprising Mexico has an abundant folkloric medicine tradition based on medicinal herbs. Look at the video, on the right, to see the herbs.

Due to its rich medicinal herb history, Mexico played an important roll in modern metabolic diseases research in the nineteenth century.

Today, the use of medicinal herbs in Mexico is an important element of the efficient indigenous medical systems.

Medicinal herbs are fore sale in even the smallest villages.

Art. 2 of the Mexican Constitution says that only certified Medical Doctors can practice Medicine, but due to the rich presence of worth-full alternative medical knowledge, the state of Oaxaca (also Morelos, Nuevo Leon, Chiapas and San Luis Potosi) allows knowledgeable people to practice medicine without being a certified medical doctor. The aim is to protect and further develop important knowledge in the fields of traditional medicine, acupuncture, medicinal herbs and alternative treatments.

## **THE GOUT MAGIC 5 TREE LEAVES.**

They offer gout patients a good combination of health benefits. Each of them is a recommended medicinal gout herb, but taken together, they multiply the beneficial effects.

See our videos!

<https://youtu.be/g7gfCn9kZG4>

[https://youtu.be/oSv\\_17-kl0g](https://youtu.be/oSv_17-kl0g)

## **HERBS AT THE GOUT CLINIC**

At The Gout Clinic we use Medicinal Gout Herbs as [Supplements](#), Infusions and in [Creams](#).

The following herbs have an major part in healing gout during our [Programs](#):

- Gout Combo
- Magic Tree leaves
- Kidney Combo
- Papaya seed & leaf
- Guanabana leaf
- Moringa leaf
- Neem leaf
- Noni leaf
- Ortiga
- Olive leaf
- Hierba del Sapo
- Tejocote (Mexican hawthorn)
- Cuachalalate
- Palo Azul
- Cola de Caballo
- Cinnamon
- Chili-Ginger- Curcuma
- Rosemary
- Eucaliptus
- Clove
- Green Coffee
- Palo Brazil

It is important to VARY these herbs.

Variation is the key

# Contrast Baths at The Gout Clinic

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## STIMULATING LOCAL BLOOD FLOW

### Bathing helps the healing process.

When a patient is without an acute attack, contrast baths result in further improved local blood flow. Additionally, the lymph vessels contract when exposed to cold, and relax in response to heat. The lymph system, unlike the vascular circulatory system, lacks a central pump (heart). Alternating between hot and cold, lymph vessels dilate and contract to essentially "pump" and move stagnant fluid out of the area. This positively affects the inflammation process and helps to evacuate uric acid.

A bathing cycle normally takes 20 min.

The water used is non polluted, clean, potable ground water.

### Additives used at The Gout Clinic:

- **Epsom salt;** Magnesium sulphate, may not only help for gout but also for other types of arthritis. It is our main bathing ingredient. We have local Locally natural hot sulphatic springs, but you need to be able to sit on a horse to go visit them.
- **Activated Charcoal;** can adsorb uric acid.
- **Borax;** similar advantages as Epsom Salt, but used in smaller concentrations.
- **Hydrogen Peroxide;** is very detoxifying. Hydrogen peroxide can activate several genes (by Enzymes) which are responsible for clearing tissue debris and improve venous and lymphatic circulation. Hydrogen Peroxide baths stimulate nerve repair and are reported to be a very efficient treatment for peripheral neuropathy. At the gout Clinic we add a 1 l, 3%v, to a foot bath of 10 l.
- **Seaweed baths;** are supposed to be a good way to supplement trace minerals. Everyone today is low in minerals, due to modern agricultural methods, depleted soils, food processing, weak digestion, etc.
- **Clay baths;** are used for detoxing purposes. See also [Poultice Treatment](#). We use both red and black Clay.

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## 23 Home Remedies for Gout that Really Work
























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## 23 HOME REMEDIES FOR GOUT THAT REALLY WORK

IN ANCIENT AND OLDEN TIMES, PEOPLE USED TO CURE ALL THE DISEASES WITH HOME REMEDIES.  
HOME REMEDIES CAN DO WONDERS, IF USED PROPERLY AND REGULARLY.  
LET'S SEE SOME OF THE HOMEMADE REMEDIES FOR GOUT PAIN.

**GOUT IS A PAINFUL FORM OF ARTHRITIS.**

WHEN THE LEVEL OF URIC ACID INCREASES IN BLOOD, IT RESULTS IN THE BUILD-UP OF URIC ACID CRYSTALS AROUND OR IN THE JOINT, LEADING TO INFLAMMATION AND PIERCING PAIN IN THE JOINTS. FINGERS, WRISTS, HANDS, FEET, ANKLES AND KNEES ARE GENERALLY AFFECTED BY THIS AILMENT.

 <b>GINGER</b>	 <b>MUSTARD</b>	 <b>APPLE</b>	 <b>APPLE CIDER VINEGAR</b>	 <b>BAKING SODA</b>	 <b>LEMON JUICE</b>	 <b>BANANA</b>
 <b>HONEY</b>	 <b>CHERRY</b>	 <b>COLD WATER</b>	 <b>EPSOM SALT</b>	 <b>CHARCOAL POWDER</b>	 <b>PINEAPPLE</b>	 <b>WATER</b>
 <b>FRENCH BEANS</b>	 <b>GRAPES</b>	 <b>HYDROTHERAPY</b>	 <b>JUNIPER OIL</b>	 <b>DEVIL'S CLAW</b>	 <b>ELM LEAF TEA</b>	 <b>SAFFLOWER</b>
					 <b>JUICES</b>	 <b>CASTOR OIL</b>

SOURCES: -depositphotos.com, -freepick.com

## HEALTH REMEDIES

November 21, 2013

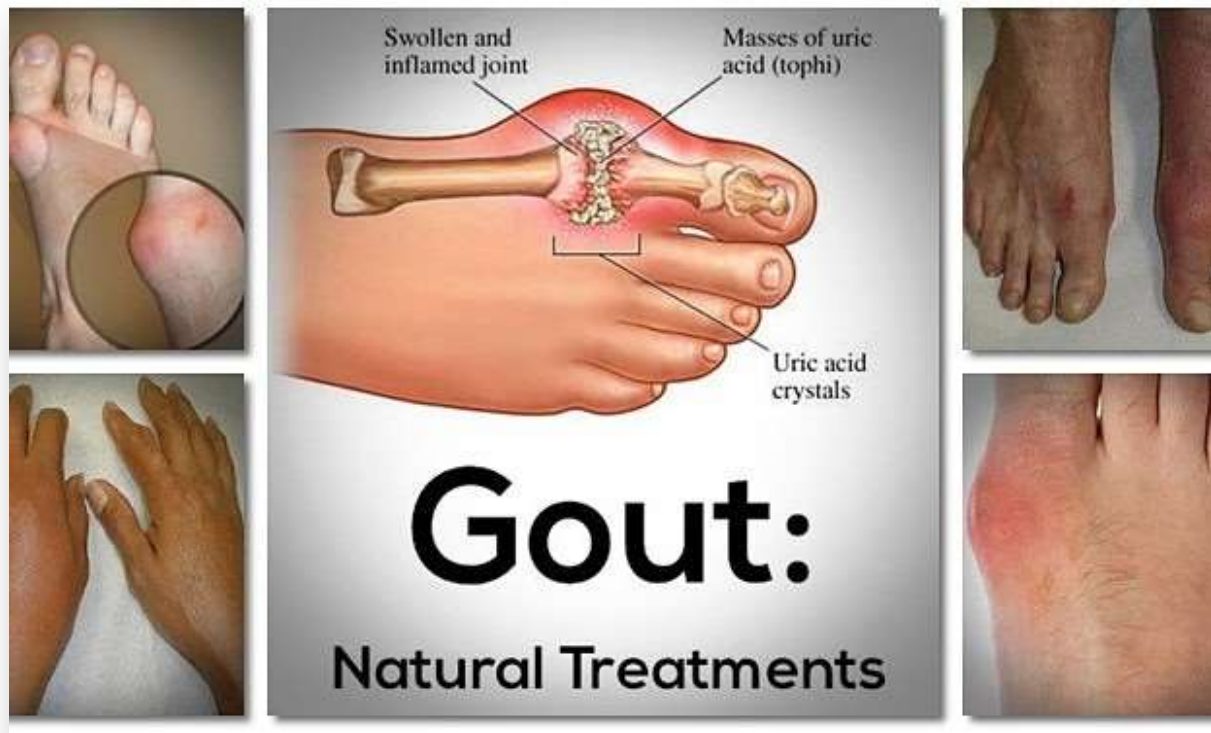
Gout is a painful form of arthritis. When the level of uric acid increases in blood, it results in the build-up of uric acid crystals around or in the joint, leading to inflammation and piercing pain in the joints. Fingers, wrists, hands, feet, ankles and knees are generally affected by this ailment. Excess consumption of Niacin (a form of vitamin B3) also causes painful gout. This disease mostly affects males, but females may also develop it after menopause. The problem can be resolved with the help of natural remedies at home.

## CAUSES

- Consuming alcohol in large amount
- Soft drinks with high fructose
- High blood pressure
- Bone marrow disorder
- Dairy products
- Kidney disease
- Vascular disease
- Meat and sea food
- Physical trauma
- Surgery
- Fast weight loss
- Regular use of niacin, aspirin and diuretic medicines
- Hypothyroidism or hypertension



## SYMPTOMS



- Aching joints
- Red or purple skin
- Inflammation
- Fever
- Nodules in the ears, hands, or elbows
- Swelling
- Inflammation in joints
- Itchiness
- Lingering discomfort
- Stiffness

## HOME REMEDIES FOR GOUT

In ancient and olden times, people used to cure all the diseases with home remedies. Home remedies can do wonders, if used properly and regularly. Let's see some of the homemade remedies for gout pain.

### 1. Ginger

Ginger is a useful remedy for people, suffering from gout. You can use ginger in many ways. Take a raw piece of ginger root and cook it with other vegetables. You can also add ginger root in your tea and drink it, many times a day.

Else, make a smooth and fine paste of ginger by mixing water in it. Apply this ginger root paste on the affected area.

### 2. Apple

Apple is a proven herbal remedy for gout. Eat a fresh apple, once a day.

### **3. ACV (Apple Cider Vinegar)**

ACV can also help in improving the problem of gout. Take a glass of water and mix 1 tablespoon of [apple cider vinegar](#) in it. Drink this daily.

### **4. Baking Soda**

Take 1 tablespoon of baking soda and mix it in a glass of water. Drink this, 4 times a day.

**Note-** Avoid this home remedy if you have a problem of high blood pressure.

### **5. Lemon Juice**

Take a lemon and squeeze it. Mix half tablespoon of baking soda in it, and let it rest for a couple of seconds. Then, add this mixture in a glass of water and drink it right away.

Alternatively, take a lemon, cut it into half and squeeze it. Now, mix lemon juice in a glass of water. Drink this water, thrice a day.

### **6. Banana**

Banana is highly enriched with vitamin C. Eat 1-2 bananas daily. This will help to turn the uric acid crystals into a liquid form, which will later flush out from the body.

### **7. Cherry**

Eat 15 to 20 cherries daily as it will help to reduce the gout pain and remove the swelling and redness. You can also drink the juice of cherry.

### **8. Cold Water**

Do not apply ice directly on the aching and swelled area. This will make your situation even worse. If you want to apply ice, wrap it in a towel first, and then, apply it for 10 to 15 minutes. This will help to reduce the swelling as well as the coldness will numb the nerves, relieving from the pain for some time.

You can also apply cold water. Take tap water and gently apply it on the affected area. This is the good home remedy for treating gout in foot.

### **9. Epsom Salt**

Take 2 cups of Epsom salt and mix it in your bath tub, filled with warm water. Now, soak yourself in this warm water. Epsom salt will soothe the aching muscles, reducing gout pain. Take Epsom salt bath, once or twice a week.

### **10. Charcoal Powder**

Make a thick and fine paste by adding water in a half cup of charcoal powder. Now, partially fill your bath tub with warm water. Add charcoal paste in it. Now, add more water to the tub to fill it completely. Soak your body in charcoal water. This bath will provide you an amazing relief. Take this bath at least thrice a week. You can also intake activated charcoal. Be careful, it should be in small doses.

### **11. Pineapple**

Eat pineapple and other fruits. Drink a glass of fresh pineapple juice. This will help to ease the pain.

### **12. Water**

Drink water as much as you can. You cannot have any disease until you keep your body hydrated.

### **13. Grapes**

Eat grapes in order to gain relief from pain, caused by gout.

## 14. Hydrotherapy

Soak your body in warm water and relax. Warm water will ease the pain and soothe the muscles.

## 15. Juniper Oil

Apply juniper oil on the affected area. Juniper oil will help to reduce the pain.

## 16. Devil's Claw

The roots of devil's claw can help to relieve the pain. It is an ancient herbal remedy.

**Note-** Avoid this home remedy, if you have diabetes or blood related problems.

## 17. Elm Leaf Tea

You can apply elm leaf tea for instant relief.

## 18. Safflower

Consume a safflower capsule in order to heal gout pain fast. Safflower is a very useful home remedy for gout.

## 19. French Beans

Drink a glass of fresh French beans juice, every day. Drink this juice for 1 month, and you will notice an immense relief in gout pain.

## 20. Honey

Take 2 tablespoons of apple cider vinegar and add 2 tablespoons of organic honey to it. Mix it well and take it. Repeat this, twice a day.

## 21. Mustard

Mustard is very helpful in soothing the nerves. Take mustard powder and mix it in whole wheat powder. The proportion of mustard powder and whole wheat powder should be equal. Make a smooth and thick paste by adding water in it. Apply this paste on the affected area. Leave it overnight. This paste will help to soothe the pain and aching muscles.

## 22. Juices

The juice of carrot, beet root and cucumber is very beneficial for health. The juice of these vegetables provides great relief in gout pain.

## 23. Castor Oil

Take a cotton ball and soak it in warm castor oil. Apply it on the affected area. This is one of the best home remedies for gout pain.

## HOMEOPATHIC REMEDIES FOR GOUT

Homeopathic remedies are trusted by 81% of people worldwide. It can provide instant relief in gout pain, without any harm to the body. Take a look at some of the homeopathic remedies for gout pain.

**1. Aconite** : Aconite can be taken in order to get instant relief, when gout attack approaches. It works well for gout of the feet joints.

**2. Colchicum** : Colchicum is a very common homeopathic remedy for treating gout. If the gout is causing too much pain in the joints and is accompanied with redness, this remedy can be taken for relief.

**3. Ledum** : Ledum is a very useful remedy for treating gout. This is the best homeopathic remedy for gout in the foot. If the patient feels coldness in the affected area, this medicine can be given.

**4. Belladonna** : Belladonna can provide relief from all the symptoms of gout, like swelling, pain, inflammation, red or purplish skin.

Other homeopathic remedies can also be taken to get instant relief, such as Bryonia, Rhododendron, Calcarea fluorica, Berberis vulgaris, Urtica urens, Sulphur, Lycopodium, and Rhus toxicodendron.

## HOW TO PREVENT GOUT?

- Drink lots and lots of water.
- Consume balance diet.
- Add fresh juices in your healthy diet.
- Totally avoid drinking alcohol.
- Maintain a healthy weight.
- Avoid consuming too much red meat, fish, tofu, and other foods, which contain purine in high amount.
- Develop a habit of eating fruits, which are full of potassium and Vitamin C, like apples, bananas, oranges, etc.
- Drink a glass of lemon water after having lunch or dinner.
- Do not take too much of diuretic medications as it can reduce the amount of potassium in your body.
- Limit the soft drinks, which contain fructose in high amount.
- Drink skimmed or low fat milk.
- Eat green vegetables and salads.

Are you suffering from painful gout? Are you tired of recurrent joint pain and swelling? Are you looking for a permanent remedy for gout? Try the aforementioned natural remedies and experience the power of nature.



## 10 MOST EFFECTIVE HOME REMEDIES FOR GOUT

Posted by: [Sara](#) in [Herbal Remedies](#), [Home Remedies](#) January 4, 2014 [56 Comments](#)

Gout- it's painful! You know that. Either you have acute gout (only at one joint) or chronic gout (multiple joints), you need to relieve yourself of that painful lump. Even better if you can avoid those gout flare ups that stay for days and weeks. Medicines haven't proved to be the magical pills. They

only suppress the symptoms, the pain and the swelling just letting them come again and again. So, what's the way out then? Home remedies and certain changes in diet and lifestyle. Here I give you a list of really effective home remedies for gout. Following them will not only avoid your gout flare ups but eventually treat your gout too.

### **1. Drink, Drink, Drink Water!**

Uric acid in your blood is the culprit. The excessive uric acid that can't be excreted out of your system by your kidneys not only forms kidney stones but also leads to gout by crystallizing itself at the joints. The pain and swelling at your big toe or at heels, ankles, knees and elbows are caused by crystallization of this excess uric acid only. So, its better to expel it out of your body before it gets a chance to crystallize. For this, you have to drink a lots of water. Water in your case or anyone who suffers from gout, is the elixir of life! Make it a habit of drinking a glass of water every 30-40 minutes. You can even have other healthy beverages like coconut water, lime juice and fruit juices. If so, you may keep your water intake somewhat low but ensure that whatever amount of fluid you are having during the day, half of it should be water.

### **2. Munch on Cherries**

Cherries are the second best home remedy for gout, after water. Why? Because cherries have in the 'anthocyanins' known to heal pain, inflammation and tenderness of joints.

#### **Ways to have cherries during the day:**

Just for your help, these are some of the ways in which you can have lots of cherries to treat your gout.

- Have cherries (sweet or sour- both can work) before breakfast.
- Make juice with cherries and a few cloves of garlic to get relief from inflammation and joint tenderness.
- Just munch on cherries. Have 6-10 cherries during the day.
- Drink a glass of cherries juice once a day.
- Have anything cherry- cherry pie, cherry compote, cherry juice, cherry jam, cherry tea! Just consult your doctor if you are diabetic or have any other grave medical condition before having them in abundance.
- Have concentrated juice of black cherry at regular intervals, twice or thrice a day to get relief from gout pain.
- Along with cherries, you may also have other dark colored fruits like blackberries, blueberries, purple grapes and raspberries etc.
- You may even have cherry in vitamins form if you don't like to munch on this fruit.

### **3. Help from Other Fruits and Veggies**

Just like the dark colored fruits including cherries, raspberries, blackberries, blueberries, purple grapes, there are many other fruits that can help you in getting relief from gout. Which fruit can provide gout relief in what ways can be known from the below facts.

**Apple:** There is this acid called 'malic acid' in apple which helps in neutralizing the excessive uric acid in your body. You can go by the old saying- an apple a day keeps 'gout' away! If you can have this apple after meal, even better. This will help neutralize the uric acid faster to give you relief from pain and inflammation. You can even have apple juice. You may also use home made apple preserves. Whatever way, you should have apples.

**Banana:** The high amount of potassium and phosphorus in bananas are capable of altering uric acid crystals into liquid which can be easily flushed out of your system. Bananas also have high content of vitamin C that can give you relief from pain and swelling. Therefore, you should have at least one to two bananas a day.

**Grapes:** Grapes are alkaline foods and again help in neutralizing uric acid. They also avoid building up of acid and help in eliminating it from body. However, if you are diabetic, you should consult with your doctor before adding grapes and even bananas in your diet.

**Orange:** Oranges are beneficial for the same reason- their citric acid and vitamin C which help in neutralizing uric acid. Orange juice is also beneficial for you.

**Gooseberry:** Amla or Indian gooseberry is the best source of vitamin C. If you can, have an amla every morning. The best thing is that when you convert amla into jam, jelly or cook it, it doesn't lose its vitamin C's quality. So, you can have it in any form.

**Strawberries:** Strawberries too are good sources of vitamin C. Have fresh strawberries and a lots of them during the day.

**Cucumber:** Cucumber is very beneficial in gout probably due to the high water content in it. You may like to have this delicious juice made up of carrot, cucumber and beet root. A juice wholly made of cucumber would also do.

**French beans:** Juice made up of French beans too is beneficial to get relief from pain and inflammation due to gout. Drink half a cup of such juice once or twice a day.

#### 4. Have Lime Juice to Neutralize Uric Acid

I have not included lemon in the list of fruits for three reasons. One, you may not deem it a fruit. Two, I wanted to emphasize the importance of lemon and lime juice for gout remedy and three, you may or may not have fruits on a regular basis but if you suffer from gout, you should make it a point to have fresh lime juice twice or thrice a day. Just squeeze a lemon into a glass of water and have it. You may even include lime juice in your meals- in raw form though. Citric acid in lemon neutralizes the excessive uric acid in your blood giving your body alkalinity.

#### 5. Avoid Purine Loaded Foods

So far, we had been talking about eliminating or preventing uric acid. What if we also analyze the way uric acid is formed and stop the very source that produces this acid leading to gout! The uric acid in your blood is due to the breakdown of chemicals called purines. Purines come from having too much of organ meats, certain fish, dried peas, lentils and legumes. So avoid these foods. At least cut down on them in a major way and totally avoid them when you are under a gout attack. This is the list of purine foods that you should try to avoid.

- Organ Meats including liver, kidney, brains
- Red meat
- Sweetbreads
- Sardines
- Anchovies
- Meat extracts
- Dried peas
- Lentils
- Legumes

However, since fish is good for heart and overall health, try to have other fish that do not have high contents of purines. You should anyways limit such intake to about 170 gms daily. When there are gout flare ups, totally avoid animal protein.

#### 6. Comforting Compresses, Soaks, Baths

While hot and cold compresses do well in other types of pain, they are not beneficial in gout-relief. Reason. When you use a hot pad around the gout swelling, blood circulation speeds up sending more blood to the area resulting in further inflammation. When you use an ice pack to comfort the

gout pain, its low temperature helps in further crystallizing the uric acid leading to even more pain and swelling. Therefore, you need some special compresses, poultice, baths and soaks for your gout problem. Here are some suggestions for you.

**Mustard compress:** Take one part each of mustard powder and whole wheat flour. Add water to this mixture to get a paste. Place a thick coat of this paste on a clean cloth. Now place this cloth having mustard paste in it on the gout affected region. If needed, use tape to keep it in place. Leave overnight or at least for few hours before removing the poultice.

**Castor oil:** Warm the castor oil. With the help of a cotton ball, apply the warm oil on your gout affected joint.

**Activated charcoal:** Activated charcoal can adsorb uric acid so you may take a charcoal bath two or three times a week. Mix well half cup of charcoal powder in some water to make a paste. Place this paste in a tub and add more water to it. Now soak your gout affected joint in this water for 30 minutes. If you can't soak your joint (like elbow), just apply the charcoal paste there and leave for half an hour. Wash with lukewarm water.

**Epsom salt:** It is not only good for gout but also for other types of arthritis. Add some Epsom salt (about two cups if having bath in bath tub and a couple of teaspoons if soaking only the affected joint) in warm water and soak your body or the gout affected joint in it. Do it once a week.

**Juniper oil:** Place a compress made up with juniper on your painful swollen joint to help break down the toxic deposits there.

## 7. Herbs to Treat Gout

Herbs have been there since ages to help humans to fight off many diseases. Gout too can have benefits from various herbs, especially those having anti-inflammatory properties like ginger root, capsicum, devil's claw, white willow bark, meadowsweet leaves as well as flower-tops and licorice etc. Here is a list of herbs and herbal remedies to help you know how you can get relief for your gout affected joints.

### Ginger root

Make ginger root tea and have it once or twice a day.

- Take half a tea spoon of powdered ginger root
- Boil a cup of water.
- Add the ginger root powder in it.
- Have the tea
- Get relief from pain and swelling.

### Devil's Claw

Devil's Claw is a fine anti-inflammatory herb that can help you get extreme relief from pain. It is one of the first herbs that was used to grant relief from arthritis. However, if you also suffer from diabetes or are taking some blood thinning medicine, you should not have this herb. Those eligible for using devil's claw can make tea with it.

- Take half teaspoon of powdered devil's claw root.
- Boil a cup of water.
- Add powdered herb to the water.
- Let it steep for ten minutes.
- Have the tea.

Have this herbal tea at least once a day.

### Chicory

It's the same herb that is present in coffee too. Chicory has been widely used for over 2000 years for medicinal purposes including arthritis and its one form gout.

- Take one ounce chicory root powder.
- Boil a pint of water.
- Add the herb in it.
- Have the beverage.

What's even better is that you may make a poultice using chicory too. Apply this poultice to your gout affected joint and leave for some time to get relief from pain and inflammation.

## **Alfalfa**

Alfalfa is a very good source of such minerals which help reduce the content of serum uric acid in blood. It also prevents the deposition and future conditions of gout making it an effective remedy for gout.

## **8. Move your Body but with Caution**

When there are gout flare ups, you need to take extra precautions. While exercising is good for overall health and also for preventing gout flare ups, you need to have restrictions on joint movement once there is such a flare up.

- Avoid putting weight on your joints affected with gout. If it's your big toe, stay off your feet as long as you can and till the time your gout attack subsides.
- As far as possible, keep your affected joint elevated. This simple rule of gravity helps in reducing inflammation by slowing down the flow of blood to your painful joint.
- During gout flare ups, keep your joint immobile for most of the times. Lying still helps. You may also like to build a splint for supporting and immobilizing your joint.
- If gout is in big toe, you better wear comfortable shoes offering a lots of room for the toes otherwise you can worsen your pain.

## **9. Exercises to Avoid Gout Flare ups**

Exercising is essential, for gout-relief too. Exercises not only makes you lose weight, which is one of the prerequisites for avoiding gout but also keep your joints flexible. However, when there occurs gout flare up and your joint is a swollen painful lump, you should pay attention towards reducing your sufferings through proper diet, remedies and medicines and never do exercise. It may prolong your gout attack. Just gently moving your joints through its range of motion may prevent stiffness in such periods. It is when your gout flare up is subsided should you begin gradual exercising for regaining strength and movement of the muscles adjoining the joints.

I am citing certain exercises below that may help reduce your painful symptoms and recurrence of gout flare ups. While doing exercise, you must take utmost precaution because you certainly do not want to make the pain of your joints get worsened by exercising in the wrong way. It's better to practically learn from trained teacher about how to do the exercises so that they go easy on your joints. One more caution- consult your doctor before starting any form of exercise.

### **Stretching**

Stretching is very good for getting relief from gout. Stretching exercises increase your joints flexibility as well as range of motion. When you stretch your muscles before and after workouts, you are ensuring that your joints do not get damaged easily. It also helps in decreasing the soreness you may feel after working out. These are some of the basic stretching exercises for your various body parts.

### **Shoulders Stretching**

- Let both of your hands by your sides.



- Now roll your shoulders forward for about half minute.
- Then roll shoulders backwards for another 30 seconds.
- Repeat for about 5-10 times.

### **Wrists Stretching**

- Stretch your hands straight in front of you.
- Make fists.
- Now roll your wrists clockwise for 10 times.
- Then roll your wrists anti-clockwise for 10 minutes.

### **Back and Hamstrings**

- Sit on the floor and place your legs straight out in front of you
- Now reach forward with hands out to touch your toes.
- Hold for about 10-15 seconds.
- Release and sit straight.
- Repeat for 3-5 times.

### **Cardiovascular and Aerobic Exercises**

Whatever you do, you have to go for low impact exercises. Cardiovascular exercises help your lungs to function effectively so that your body is capable of using the more oxygen you get in metabolizing the acid in your body including uric acid. Aerobic exercises will strengthen your muscles belonging to lower body parts including those situated in joints. So what exercises to do? Here are some suggestions; they are all low impact exercises which will put lesser pressure on your joints.

- Brisk walking
- Climbing stairs
- Dancing

Do them after consulting your doctor and begin by doing only 10 minutes of exercises daily. Gradually increase the time and bring it to 30-40 minutes daily, five days a week.

### **Swimming**

Swimming is specially good for you or any other gout patient. Swimming, as well as water aerobics, increase mobility of your joints without putting full impact of gravity on them. Whenever you are in water, you are putting less stress on the joints. When swimming for gout relief, how fast you swim or how much distance do you cover doesn't matter as much as how much time you spend in water. You should be there for about 30-45 minutes. However, start slowly with spending only about 15 minutes in water and then gradually increase your time there.

I am telling it again, before starting any exercise, consult your doctor. There's one more thing to know. Exercising can help in stopping further build up of uric acid but you can not get rid of uric acid like you can with proper diet. Also don't forget to stop exercising when there occur gout flair up. Once it subsides, you may start your daily exercise regime.

### **10. Some Quick Home Remedies for Gout Relief**

Here are some more quick remedies for gout for you:

- Take two teaspoons each of apple cider vinegar and honey, mix and have it. You'll get instant relief from pain and swelling due to the anti-inflammatory properties of honey and malic acid of apple vinegar.
- Limit or totally avoid alcohol because it is a gout trigger. Your body retains the urate crystals due to alcohol and don't let them be excreted out of body. Some of the recent studies suggest that even beer can increase the risk of gout symptoms, especially in men.
- Avoid taking over-the-counter water pills and other diuretics as they slow down the excretion of uric acid from your body thus help in increasing the risk of gout. However, if your doctor prescribes a diuretic for some condition like high blood pressure, you should make your doctor aware of your tendency toward gout attacks.
- Practice relaxation techniques like deep breathing exercises to ease your pain due to gout. This may sometimes reduce inflammation of joints too.
- Mix a teaspoon of baking soda in a cup of water and drink it when you realize that there will be a spell of intense gout pain. There will always be a little pain before it gets bigger. If you have baking soda in water, you will instantly stop this pain from getting worse.
- When you suffer from gout attack, drink 2 to 4 liters of fluid every day, half of which should be water. Avoid alcohol and limit your daily intake of meat, fish and poultry to about 113 to 170 gm. Have moderate amount of protein from such healthy sources as low-fat or fat-free dairy, tofu, eggs, and nut butters.