Gout Relief Made Easy
Your Fingertips Guide

“The Facts You Should Know About Gout and Getting Rid of It Naturally”

By Alvin Hopkinson

www.goutremoval.com
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About the Author

Alvin Hopkinson is a leading and avid health researcher in the area of natural remedies and weight loss. He had published many articles online, is a platinum expert author in EzineArticles.com and currently writes for HealthCentral High Blood Pressure site.

Some of his other sites include:

- High Blood Pressure Treatment
- Fat Loss Diet
- Acid Reflux Cure
- Kidney Stone Removal
- Diabetes Natural Treatment

This report compiles some of his highly-read articles.
Symptoms of Gout That Everyone Should Know

Millions of individuals suffer from gout, a preventable arthritic condition. For the most part many people were unaware that they could prevent such a condition until they were diagnosed. If someone you know is at risk of being diagnosed with gout, you should be aware of the symptoms of gout.

**Symptoms of gout:**

- Increased pain when moving limbs/joints.
- Early on only one joint or sometimes two will be affected by the gout.
- Elevated levels of uric acid in the bloodstream.
- Redness skin that is sometimes even shiny. Pain is immediate when the area is touched. Purplish tint to the area with gout is also common.
- Within the fluids of the joint there is a presence of uric acid crystals.
- The area around the joint experiences some tenderness.
- The crystal like deposits are noticeable around other joints.
- Typical areas that are affected by gout are the big toe, ankles, feet, elbows and wrists.

**Signs you are having a gout attack:**

- Experiencing chills and or a fever is very common before a gout attack.
- Normal attacks can last up to a few days. However they can also only last for a few hours when the attack is less severe.
- It takes several years for the crystals to build up enough for a person to begin...
experiencing pain. The uric acid in the body will continue to form crystal like deposits around joints and in the tissues.

- Do not be alarmed if after an episode with gout the area affected begins to become discolored. The skin might also begin peeling and be itchy.

- A warming sensation to a burning feeling, swelling, tenderness and pain are symptoms that have a name. Podagra is usually experienced in the ball of the big toe first.

- Fairly quickly the person will experience an increase in pain, generally at night or when the person is not active. This discomfort will lead to severe pain that can last up to seven days, it will slowly become more tolerable over this time.

Variations in the symptoms of gout:

- Sometimes symptoms can become more noticeable and apparent after surgery or an illness.

- In some cases gout remains dormant in a sense. When the individual reaches an older age he or she develops a case of chronic gout. It is believed that this form is much less painful.

The symptoms that have been listed throughout this article reflect the most common of symptoms. If you think you might be experiencing attacks of gout you should consult your medical care professional. Not everyone will experience the same symptoms of gout, therefore it is important that you receive a diagnosis and begin treatment to avoid future attacks.
The severity of a patient's gout and family history with gout will weigh greatly on the method used for treating the symptoms and avoiding future bouts with the painful condition. Among the treatments that are offered are gout medication, lifestyle changes, diet modifications and surgery.

Gout causes extreme pain that can last a few days and virtually leave a person crippled during an attack. Steroids are often prescribed to immediately relieve the pain. Steroids will alleviate the pain because they have the ability to reduce the inflammation and the swelling fairly quickly.

Although steroids do not have the best reputation, they can still be very beneficial for many medical conditions. Generally when a doctor decides to prescribe a steroid to treat your gout he or she will likely give you small doses over a very short period of time.

In cases of gout that are less severe a doctor might feel the need to only prescribe an anti-inflammatory medication. This will act the same as a steroid as far as bringing the inflammation down to relieve the pain. It is possible your doctor will prescribe you pills to take when you feel an attack coming on or you might be able to have an injection directly into the joint.

Here is a list of the typical medications doctors prescribe for gout:

- **NSAIDs (nonsteroid anti-inflammatory drugs)**
  - Naproxen
  - Indomethacin
  - Ibuprofen

- **Colchicine** is another medication that is used occasionally for treating acute gout attacks.
• **Corticosteroids** can be either injected into the muscle or the joint itself, or it can be given in a pill form. This is usually given after other medications that have not worked on a patient.

Before you attempt to use over the counter medications to treat your gout you should consult with your doctor. Some over the counter medications can make the gout even worse, such as aspirin. Your doctor will give you a list of over the counter medications you can take that will not interfere with any existing medications or the gout.

In addition to a gout medication you should make sure you are not eating foods that are high in purines. Controlling and managing gout requires more than taking a prescription, you should modify your diet to exclude foods that are high in purines. Exercise regularly and avoiding alcohol are more ways you can minimize your gout attacks and successfully manage your gout.

**Foods to Avoid That Cause Gout to Flare Up**

Your doctor has probably already informed you that you need to make some changes in your diet to avoid painful attacks with your gout. There is a list of foods to avoid that cause gout to flare up. No matter how difficult it might be for you to avoid these foods it is in your best interest to avoid them.

You should make yourself very familiar with the foods you need to avoid. This will definitely save you some unnecessary pain from a gout attack. Some foods might not cause you to have an attack and others will. However, it is best if you omit all the possible foods from your diet that have the potential to aggravate your gout.

It is possible that you can control your gout with a change in diet. In many gout patients they do not have to take medication to control their symptoms, instead they use their
diet. In other cases it is possible that the patient will only need to take minimal amounts of medication to treat the gout. Here are a few of the foods you should avoid eating altogether.

- hearts
- seafood
- red meats
- kidneys
- gizzards
- gravy
- fish roe
- mussels
- lentils
- alcohol
- sardines
- peas
- anchovies
- mackerel
- game meats
- tongue
- mushrooms
- herring
- sweetbreads
- lentils
- spinach
- scallops
- shrimp
- yeast
- asparagus
- beans
In addition to watching the foods you consume, if you are over weight you need to take the extra weight off. You can do this with moderate exercise, increase in water consumption and a change in diet. It is important that you keep yourself at a healthy weight. It is likely that you will suffer from gout attacks if your weight does not stay at a healthy number. Drastic fluctuations in weight might cause an increase in the production of uric acids.

Now that you know the foods to avoid that cause gout to flare up you need to keep a list of these foods with you at all times. Use the list as a guide while you are grocery shopping and even eating out. You might want to keep a copy of the list in our wallet for reference, just to keep you on the safe and painless side.

**Natural Treatments for Gout - 6 Easy Methods to Control Gout**

Gout is one of those physically incapacitating conditions that can surprise its victim. Sometimes there are little to no warnings before a gout attack begins. You might find yourself in severe crippling pain that causes you to wake in the middle of the night. There are different treatments for gout, however natural treatments for gout are among the safest treatments available.

If you have previously been diagnosed with gout, you likely are aware of the importance of a modification in your diet. You need to drastically reduce the amount of purines you consume. This is among one of the safest ways for you to confront gout and avoid any future attacks. Try to incorporate more fresh fruits and veggies into your diet. Fruits and vegetables have many overall health benefits in addition to lowering the possibilities of uric acid building up and crystallizing on your joints.

Losing weight is another ideal way for a person with gout to naturally control the gout. Increase your activity level to boost our metabolism and assist you in losing the excess weight you might have. It is important that you lose the weight in a gradual and natural
way so you are not putting yourself in jeopardy for a gout attack. A rapid decrease in weight can stress your body and increase the uric acid production leading to a bout with gout pain.

Here are a few ways you can control your gout naturally:

1. Healthy diet and exercise regimen. Be sure you are watching the purines, salt and sugar you are consuming. Elevated levels of any of these can lead to a bout with gout.

2. Lose weight if necessary. Once you lose the weight you should maintain a healthy weight to best keep control over the gout and avoid future outbreaks of pain.

3. Move your joints that you find tend to have the pain from gout. Increasing the range of motion is a great way for you to keep the deposits from building up and flaring up.

4. Try eating about ½ pound of cherries a day for a week. If you do not notice a change in the way your joints feel, you can stop trying this remedy.

5. Reduce the stress in your life. Although it is nearly impossible to avoid all stress, you need to learn how to handle things without overstressing yourself. Stress will cause an increase in uric acid and is often linked to gout attacks.

6. When you are experiencing discomfort you can apply ice in intervals. About every half hour you can apply ice. Wait about 10-15 minutes and remove the ice. Continue this until the pain subsides.

If you find using natural treatments for gout does not work on your symptoms you can consult with your doctor. If you notice the pain is still severe you should also discuss with our doctor alternative treatments you should use for the pain. It might be necessary that you modify your diet more and you might need to take a prescribed medication.
Are you looking for a better way to treat your gout pain? Many people are tired of taking expensive medications and having to wait for their pain to even begin to subside. If you are one of them, you should consider a home remedy to get pain relief for gout. After all, what do you really have to lose by trying something a little different?

Here are 10 home remedies you can use to eliminate the pain from an attack with gout:

1. Ice is an old remedy that still works wonders today. Apply the ice to the area that is swollen and in pain. Leave the ice for up to 15 minutes. Even if the cold is uncomfortable on your skin it will be worth the slight discomfort to be pain free in a short time.

2. Make sure you have a bottle of ibuprofen. As soon as you begin feeling the discomfort you should take one.

3. Move the joints around. Exercise them to keep your range of motion at its best. Exercising the joints about twice a day should be plenty.

4. Soak the area in warm water and Epsom salt. If you look in your Grandmother’s medicine cabinet odds are you will find some Epsom salt. This is an old remedy for aching muscles, rashes and even a laxative.

5. Fruits such as strawberries and cherries will neutralize the uric acid in your body, thus eliminating the onset of a gout attack.

6. Cherry juice is also great, it will do the same as eating the cherries, reduce and neutralized the uric acid in the body.

7. Increase your daily water consumption to between 10-12 8 oz. glasses every day. The
water will help flush the body of the toxins and neutralize some of the uric acid.

8. Add more citrus fruits and leafy green veggies to your diet. They are known to help reduce the inflammation from the crystallized deposits.

9. Increase activity, basically exercise more often. In the areas that the gout settles you should be sure you are getting them moving. The regular movement will increase the strength of the joint and the health of it as well.

10. Apple cider vinegar is one of the most popular remedies of the old days. It was used for many different conditions and ailments. Mix 2 tbsp. of organic honey and 2 tbsp apple cider vinegar twice a day. Soon you will notice an improvement in your gout symptoms.

Sometimes the best cures are the old cures. When nothing else seems to be working to help with pain relief for gout, think back to what your Grandmother would have used!

**Herbal Cure for Gout - What You Should Incorporate into Your Treatment**

In a society where the majority of individuals are trying to become healthier and live longer, more fulfilling lives, the demand for herbal remedies has increased drastically. People are seeking herbal cures for many different conditions. However, this article is devoted to an herbal cure for gout.

Here is a list of some of the herbs that are often associated with successfully alleviating the discomfort of gout:

- Alfalfa
- Berries
• Dandelion

• Triphala

• Red clover

• Garlic

Alfalfa minimizes the levels of uric acid before it can become crystallized and deposit around the joints. It is also loaded with essential nutrients and minerals your body needs.

Blue berries and red berries are said to be great for treating gout. Strawberries are high in antioxidants which are beneficial to fighting gout and other health related issues. Also they are high in vitamin C which is great for preventing a bout with gout.

Dandelion roots have been deemed a medicinal herb for years. It has a 'power' if you will for treating joint inflammations. It is considered to be a cleansing as well as a nourishing tonic that can assist in minimizing the pain and inflammation caused by gout.

Triphala also has an anti-inflammatory property to it. It has also been linked to assisting in strengthening the pancreas and the liver aiding in proper function.

Red clover has an elevated level of flavones (a crystalline compound that is colorless) which is excellent for limiting the inflammation caused by a gout attack.

Garlic is amazing when it comes to its potential to help the body as well as the heart. Thinly diced fresh garlic tossed on salads or mixed in with your veggies can relieve you of your painful gout symptoms.

You might be trying to figure out a way to add each of these herbs into your daily diet to help you with your gout symptoms.
You can start off with one and slowly increase to more if you feel the need to. Some of these you might not have ever heard of, but it will be worth your while to find a way to purchase them. Herbal treatments just like medical treatments will vary on the severity of your gout. You might have to try different herbs and kind of mix and match them until you find a combination of a herbal cure for gout that will work for you.

**Living with Gout - A Guide to Minimize the Pain**

Gout is an extremely painful disease that often makes a person feel their body is being taken over, like they no longer are in control of themselves. Living with gout can lead to severe discomfort or if properly maintained can be an occasional slight discomfort.

For the most part being diagnosed with gout does not mean you can not continue to live a happy, healthy and pain free lifestyle. If you learn how to successfully manage the gout you can avoid many unnecessary painful attacks.

How do you live with gout without the pain? That is a question many people are asking. There is a way, although you have to combine a few different methods in order to achieve the desired results. Here is a list of things you can do to limit your discomfort.

- **Dietary changes:**
  - Avoid foods that are high in purines.
  - Avoid eating high sodium and processed foods
  - Increase water consumption
  - Increase fresh fruits and veggies

- **Lifestyle changes**
  - Light to moderate exercise daily
  - Avoid smoking and alcoholic beverages

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- Weight loss if necessary

**Medical/professional**
- Take the medication prescribed by your doctor
- Talk with a nutritionist to get on a meal plan
- Ask questions!

It is important that you understand the importance of the changes and what can happen if you do not make the necessary changes.

These painful crystallized deposits can be successfully controlled and managed through diet changes, lifestyle changes and professional assistance. However, you need to adhere to these changes not just have the knowledge of them. No one but you can make you healthier and living without the pain caused by gout.

No matter what you read online it is important that you listen to your doctors recommendations for treating your gout. In many cases if you prefer not to take medication you can ask for alternative treatments. More than likely the doctor will help you find the best alternative treatment to help you live with gout and without the pain.

Knowing and understanding what causes your gout to flare up is going to be a key factor in you being able to successfully manage your gout. In many cases some people are not bothered at all by having a glass of wine or a beer and others' are in agonizing pain for the next few days. If you know something causes your gout to flare up, by all means avoid whatever that is. Living with gout does not have to be painful because managing it is fairly simple.
Recommended Resources

"Who Else Wants To Find Out Exactly How To Cure Gout Pain From Home, Using 3 Simple Grocery Items???

New All Natural Gout Diet Instantly Cures Gout Pain Without Harmful Medications, Medicine, or Drugs!

Click on the link below to get access:

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