Nutritional Therapy A Natural Cure For Gout

Acupressure can provide wonderful relief for gout attacks and it can be used as a complimentary treatment with medication or with other natural remedies like nutritional therapy. Nutritional therapy is type of natural cure for gout that is based on the belief that food contains the natural medicines our body requires in order to obtain and sustain health. How can nutritional therapy help gout? Although it is often used as a complimentary treatment with medication, nutritional therapy can help gout sufferers find relief from gout attacks by reducing inflammation. It can also prevent gout from recurring by lowering and controlling uric acid levels in the blood. In addition, proper nutritional therapy is safe to use for most people. What is proper nutritional therapy? The term "proper" has been used to clarify that like any other treatment; nutritional therapy can produce negative effects or be ineffective if used incorrectly, such as - - Ingesting too little or too much of one substance - Ingesting something with ingredients you are allergic too - Combining different products that may not be compatible How is nutritional therapy taken? Nutritional therapy primarily includes vitamins and minerals and is usually taken in the form of a supplement. What is the nutritional therapy prescribed for gout relief and prevention? The following is a list of some nutritional therapy recommended for gout sufferers, and includes the benefits and precautions associated with each - Folic Acid - This is the synthetic version of Folate (a water-soluble B vitamin that is naturally found in dark leafy green vegetables and citrus fruits) that is used in supplements. Benefits - Studies have found that high doses of folic acid may help reduce uric acid levels. Caution - Extremely high doses of folic acid can lead to digestive stress and may not be safe for pregnant or nursing women, or those who suffer from seizures, kidney or liver disease. Vitamin C - This is an essential antioxidant water-soluble vitamin (found in citrus fruits and green leafy vegetables, etc.) Benefits - Studies have found that high doses of vitamin C can increase urinary excretion of uric acid, and lower uric acid in the blood. Caution - Taking extremely high amounts of vitamin C may change uric acid levels in the body which can result in an acute gout attack. High doses can also cause other side effects. Bromelain - A proteolytic enzyme (found in pineapple) Benefit - Studies have found Bromelain to be effective in reducing inflammation. It appears to be a more suitable choice over other prescription anti-inflammatory meds used to treat gout. Caution - Not recommended for those allergic to pineapples, pregnant women, those with high blood pressure, kidney or liver disease. This nutritional therapy may not be compatible with other medications and can cause side effects such as nausea, vomiting and diarrhea. It is designed for short-term use. Quercetin - A bioflavonoid that acts as an antioxidant (found in onions) Benefit - Restrains xanthine oxidase, the enzyme that creates uric acid. Studies have found it to have anti-inflammatory affects. Caution - More studies need to be conducted to find out the true benefits and side effects of this nutritional therapy. Other nutritional therapy that is recommended which may prove effective in relieving and preventing gout include: - Vitamin A - Vitamin E - Pantothenic acid (vitamin B5) - Selenium - Evening primrose oil - Fish oil - Aspartic acid Keep in mind that you can obtain the above nutritional therapy by naturally incorporating them into your diet, as they exist in many foods. Before starting a nutritional therapy regimen for as a natural cure for gout, you should consult your doctor about your decision and ask for specific recommendations and about proper dosage. It is also a good idea to have your doctor monitor your condition when taking anti-inflammatory supplements.

About the Author

Diet information from eDiets.com includes balanced diet and nutrition articles, information on health and the good and bad effects of diet on the human.

Source: http://productsherbal.com