

Natural Ways Of Gout Cure

Gout is a condition characterized by severe attacks of inflammation in single joints, which come on suddenly (acutely) and rapidly reach a peak of extremely severe pain and then subside. Characteristically, a further attack occurs after a variable period, usually of months or years, usually affecting a different joint, particularly of the lower limb. If gout is not treated, the periods between the attacks become shorter and last longer as the years go by. This will cause the condition to worsen and affect other joints of your body. There are a lot of methods that you can use to cure gout, including using natural remedies. One of the effective ways to cure gout is by using cherries or cherry juice. Cherries are known for their anti-inflammatory properties may help reduce the amount of uric acid in the body and keep it from settling into joints which will cause the pain of gout. You can use canned cherries or fresh cherries and it does not matter if you use sour or sweet cherries. All cherries have been reported to be a natural gout cure. The recommended amount of cherries to consume a day is between ten cherries and up to one half pound. There are others who prefer to use cherry juice concentrate (1 tablespoon per day) and it is also effective in curing gout. Diet is important and can be used as a natural gout cure as well. Purines consumed in the diet account for about 50% of the uric acid produced in the body. Therefore, a low purine or modified purine diet may help gout improve and prevent future gout attacks. A low purine diet consists of eliminating the following high purine foods from the diet: organ meats, sweetbreads, brains, kidney, meat gravies, meat extracts, scallops, wild game, mackerel, herring, anchovies and sardines. In addition, only one serving of the following foods are allowed per day in a low purine diet: dried beans and peas, asparagus, cauliflower, spinach, mushrooms, poultry, meat or fish. Apart from this, you can also consider a purine-modified diet, which consists of eliminating extremely high-purine foods such as liver, brains, kidney and other organ meats as well as sweetbreads. However, in a purine-modified diet, it is alright for some protein foods not to exceed 100 grams per day. In one ounce of meat, there are 7 grams of protein. Bread and grains have about 3 grams of protein per serving. One serving is one slice of bread or ½ cup of grain. Protein can be obtained by eating milk, eggs and cheese because these foods are high in protein and low in purines. Another natural gout cure is increasing the intake of water, which can help to flush out excess uric acid and help prevent kidney stones. As a guideline, it is recommended that you drink at least eight glasses of water or three litres a day. Gout sufferers should also avoid alcohol because it increases uric acid production and inhibits its secretion. Although it is important to reduce your weight to prevent gout, you should avoid fad diets such as fasting because quick weight loss causes a release of uric acid by the cells as they break down. Instead, you should try a diet that encourages slow and steady weight loss. Another natural gout cure is charcoal poultice. To make charcoal poultice, mix one half cup activated powdered charcoal with a few tablespoons flaxseed that has been ground in a blender until it becomes meal. Then add enough warm water to create a paste. Put paste on affected joint and cover with cloth or plastic. The dressing should be changed every four hours or it may be left on over night. Be sure to avoid getting the charcoal poultice on clothing or bed linens because it will stain. A charcoal bath can also be used as a natural gout cure. Using an old basin that you don't mind staining, mix one half cup of charcoal powder with water until a paste is made. Place affected foot into the basin and add water until the foot is covered. You should soak your foot in the charcoal bath for thirty to sixty minutes.

About the Author

Yoga lays a great emphasis on a balanced wholefoods diet. It does not dissect the food into vitamins, minerals etc. Read more on this whole foods concept.

Source: <http://productsherbal.com>