

## Gout Home Remedies - Getting Relief When Medications Don't Work

In this day and age, when prescribed medications fail to be effective, the next thing many gout sufferers turn to is gout home remedies. The very first time you're afflicted with gout is bad enough, and it only occurs more frequently with even greater pain if left untreated. A natural remedy can be your first and best defense against an attack when you find yourself suffering the first painful signs of gout. In this article, you'll find several remedies to use to lessen gout pain while at home.

The best gout home remedies are still the conventional ways that people have become accustomed with. This includes the application of ice in the affected area. The application of ice or cold packs has the ability to reduce pain. This will work in as little as 10 to 15 minutes. If pain still persists, you can also take medications like ibuprofen in easing joint pain.

Putting your feet in an Epsom salt solution can also soothe the pain, especially if it hurts more in the toes than anywhere else. Epsom salt eases hurt muscles, which help the body get rid of toxins and returns your blood circulation back to normal.

Eating fruits like strawberries and cherries will also play a salient part in treating gout. These fruits deactivate the uric acid with high concentrations. Such fruits should be rich in vitamins and minerals like potassium, magnesium, zinc, calcium, vitamin C and iron.

Getting plenty of water into your system is also advisable. This excretes uric acid toxins out of your bloodstream. Try to drink up to 8 glasses a day, or at least as much as you can manage.

### About the Author

[Gout home remedies](#) are good alternatives to pills and steroid injections. In fact, you probably have something sitting in your kitchen right now that'll help you control your gout, give you instant pain relief, and even help prevent future gout attacks. Go to <http://www.GetGoutRelief.com>.

Source: <http://www.howidefeated.com>