

## Getting Gout Relief - 4 Suggestions For Instant Gout Pain Relief

As one of the oldest and most excruciating conditions, gout can certainly put a hamper on the fun in your life. While searching for gout relief ideas, people often discover that the simple ideas are often the most effective. Here are just a handful of ideas to remember the next time you get attacked by gout pain:

- Take a pill with ibuprofen or naproxen.

In the beginning of suffering a gout attack, the outbreak lasts for a few days if it's left untreated. One way you can get gout pain relief is by taking ibuprofen, like Advil or Motrin, as a pain reliever. This kind of pain reliever doesn't only help eliminate the pain temporarily; it also helps to inhibit inflammation as well.

Also try naproxen drugs like Aleve. However, you'll want to avoid taking aspirin at all, because it'll likely prolong or cause more pain by stopping the elimination out of the body of the uric acid causing the pain in the first place.

- Try placing an ice pack on your joint.

If your gout isn't to the point where you can't stand to have anything touch it because it's too painful, then numbing the joint with ice in a towel for a few minutes can give you temporary gout relief as well (repeat as necessary). This remedy should also aid in reducing the swelling. To be prepared for future gout attacks, you can always have a cold compress at the ready in your freezer for immediate relief.

- You can also try soothing with warmness.

Some sufferers have said that placing something warm/hot against their painful joints helps them find gout relief and get to sleep at night. To try this, it's easiest to wrap a warm towel around the affected area.

- Drink lots of water for gout relief.

Drinking at least 6 glasses every day helps in diluting uric acid (the culprit that causes the pain in the joints) from the body by aiding the kidneys in getting rid of the extra amount through urinating. If 6 glasses is too much for you, you can replace some of those glasses with fruit juice or herbal tea instead. But at least try to gradually drink more water than what you're consuming currently.

### About the Author

Sometimes today's medicine doesn't work as well as you'd like. If you're suffering horribly from gout and want relief from the pain forever, try a safe and natural [gout relief remedy](#) that's already in your kitchen right now. Control your gout once and for all by visiting <http://www.GetGoutRelief.com>.

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