

Gout Cures - Eliminating and Preventing Gout Pain

You can find several gout cures. Some are medicinal and others are natural. The natural cures are used by people who wish to try out different methods for relief. Read below to find out some methods you can use to treat your gout.

One kind of natural gout cure is wild cherries. People who live in the West have an ample supply of cherries. Others simply drink cherry juice.

There are some countries where cherries are hard to come by. People who live in these areas and don't want to incur huge medical expenses trying to cure gout go with charcoal remedies.

Charcoal is said to greatly decrease gout effects and may even eliminate it altogether. Some people in other parts of the world drink charcoal mixed in water. You can also take a charcoal bath by mixing charcoal powder in a warm tub of water and soaking your joints in it for an hour.

It is also worth mentioning that one of the best ways of curing or even preventing gout is to live a healthy lifestyle, which involves eating right and exercising right. Slow blood circulation can accelerate gout. It therefore goes without saying that in order to prevent gout in the future, you should develop an active lifestyle.

Drinking lots of water is one of the best gout cures. This is because water naturally flushes out the toxic uric acid that builds up in the blood stream and produces the crystals that cause all that pain during a gout attack.

There are also over-the-counter medications that can be used as gout cures in case of an attack. There is Febuxostat, which has recently been approved by the US FDA. Cortisone is also used in case of an acute attack.

Eating foods that are too rich in protein without balancing your diet with greens, fruits, and lots of fluids can also be a catalyst for gout. Such foods include red meat and organ meat. The best foods involve lots of fiber, water, fruits, vegetables and white meats. Eating lots of red meat with little vegetables is a sure recipe for a gout attack.

About the Author

Read the personal journey of a man who suffered from horrible gout and found a way to eliminate the pain almost immediately and even prevent future outbreaks all with a simple, safe [home gout remedy](#) you probably have in your kitchen right now! For more info, visit <http://www.GetGoutRelief.com>.

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