

Gout – Natural Remedies

Gout can often be solved by diet alone.

Gout is a build up of uric acid which then forms needle like crystals often in the big toe but sometimes in other joints or the kidneys. The joint is red, hot and excruciatingly painful.

DIETARY ADVICE

Eat a low purine diet (purines from food get turned into uric acid in your body)

High purine level foods include organ meats, meat, shellfish, yeast (brewers, baking etc.), herring, sardines, mackerel, anchovies.

Medium purine level foods include dried legumes (peas, beans, lentils), spinach, asparagus, fish, poultry, mushrooms.

Also avoid tomatoes (especially tomato puree) and oranges and orange juice.

OTHER CONSIDERATION

- Alcohol. Avoid totally during a gout attack
- Avoid sugars (refined sugar, honey, maple syrup, corn syrup, fructose etc.). They all increase uric acid production.
- Do not eat huge amounts of protein (temporarily eat a low protein diet)
- Drink lots of water
- Lead. Saturnine gout is associated with lead toxicity. Do not use old leaded glass decanters. Check plumbing for lead pipes within the water supply.

SUPPLEMENTS

- Folic acid (studies show this works as well as allopurinol, the widely used drug for gout). Dosage 10 – 40 mg per day.
- Bromelain. An extract of pineapple. A powerful natural anti-inflammatory.
- Good food: Cherries - the best cherries are montmorency (tart, sour), available as jarred, frozen, capsuled extracts, or concentrated juice.
- ice. Eating half a pound of fresh fruit (or canned without syrup) lowers uric acid levels. If cherries unavailable substitute blueberries.
- Linseed or Flaxseed oil. One tablespoon per day. Buy best quality from health stores in ultra-violet resistant containers. Never use hardware shop grade linseed oil meant for DIY wood treatments.