

GOUT

THERAPY

Compiled by

Campbell M Gold

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IMPORTANT

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Introduction

Gout is caused when uric acid crystallizes, and deposits in the tissues and joints of the body. These crystals result in inflammation and can cause severe pain. The most common place for gout to occur is the big toe, but it can also happen in other places like the feet, ankles, wrists, fingers and elbows.

Gout Symptoms

A gout symptom can come on very suddenly and with no warnings. It is best to start treating gout immediately, or it can become more painful and lead to joint deformities.

Typical gout symptoms include:

- Rapid severe pain in the big toe is the most common gout symptom
- The affected joints can become very tender and swollen, and can feel warm
- The skin on the joint turns reddish
- Most painful attacks last a few hours to a few days (in rare cases, it can last weeks)
- Some people experience other symptoms such as fever or chills, and increased heart rate
- The inflammation from the uric acid crystals can also lead to *bursitis

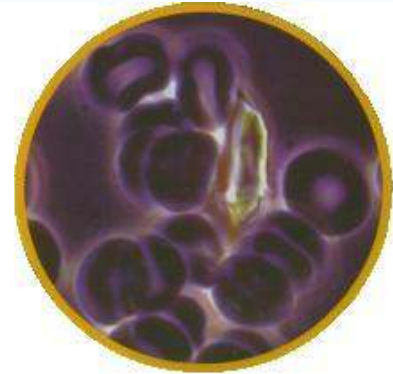
(*Bursitis is the inflammation of one or more bursae (small sacs) of synovial fluid in the body. The bursae rest at the points where internal functionaries, such as muscles and tendons, slide across bone. Healthy bursae create a smooth, almost frictionless functional gliding surface making normal movement painless. When bursitis occurs, however, movement relying upon the inflamed bursa



becomes difficult and painful. Moreover, movement of tendons and muscles over the inflamed bursa aggravates its inflammation, perpetuating the problem.)

Most acute gout attacks occur in the late hours of the night. As we sleep, our bodies tend to focus on the primary metabolic functions such as digestion, breathing, etc. The extremities, such as the feet tend to cool as a result of this 'lack of attention'. As they cool, and if the dissolved amount of uric acid is high enough, the result is the change of the uric acid, from a liquid, to a crystal.

(Picture Right - Uric Acid Crystal)



Consequently, a typical symptom of gout is the onset of severe pain at night.

The most common gout symptom is a painful big toe, however, gout can also appear in the finger joints, elbows, ankles, wrists, ears or other areas of the foot.

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Causes of Gout

Individuals with gout are unable to properly excrete the uric acid that is in their body - this excess of uric acid can be caused by different processes, such as:

- An increase in the production of uric acid by the body
- The consumption of foods that lead to an increase in uric acid levels
- Under-performing kidneys

Heredity

Although heredity can be a factor in the occurrence of gout, there are other causes that can lead to an increase of uric acid in the blood:

- Being overweight
- Certain drugs are known to cause uric levels to rise. They include insulin, some antibiotics, cyclosporine, low dose aspirin, and others. This is another reason that gout natural remedies have become so popular
- Consumption of foods with high levels of *purines
- Excessive alcohol consumption
- High blood pressure
- Injury to a joint
- Irregular kidney function
- Low thyroid hormone levels (hypothyroidism)
- Recent surgery

(* Purines are the chemicals in food that are metabolized by the body into uric acid. Foods known to increase uric acid include shellfish, organ meat (liver, kidney), red meat, alcohol, dried peas, creamy sauces and anchovies.)

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Prevention

Prevention is much easier than effecting a cure, and includes:

- Avoid foods with high levels of purines. As we mentioned before, foods with high purine levels include shellfish, alcohol, organ meat, creamy sauces, dried peas, etc.
- Drinking a lot of spring or mineral water (not tap water) - six or more glasses of water per day helps the body to excrete more uric acid. Moreover, water also decreases the chances of getting kidney stones.
- Foods known to decrease the occurrence of gout include: dairy, foods high in potassium, black cherry juice, blueberries and lemon juice.
- Immediately treating gout will not allow it to get worse. We will now go over treatment, and natural remedies for gout in more detail.
- Maintaining a proper weight and getting regular exercise reduces the risk and severity of gout attacks.

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Treatment

Treatments of gout can vary depending upon your overall health, age and medical history. The first step in treatment though is to reduce the risk factors mentioned in our prevention section. These include: Drinking a lot of water, maintaining proper weight, exercising, avoiding certain foods, and using appropriate medications.

Most traditional gout medications have severe side effects, and as a result, many people prefer to use natural remedies for gout. For example, the side effects of certain allopathic medications include:

- Abdominal pain
- Eye pain
- Headaches
- Increase in joint pain
- Irregular heartbeat
- Lessening of ability to fight infections
- Nausea and vomiting
- Thinning of bones



Natural remedies for gout have no side effects, and are safe to use long term. As an added benefit, most gout natural remedies contain ingredients that will help to improve the body's overall health. For these reasons, many medical professionals believe that natural remedies for gout are your best alternative.

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Poultices (Cold and Hot)

Large poultices of cold green clay can be directly applied to acutely inflamed joints. The clay is mixed with water, and then applied as a paste.

Frequent hot applications can be used for chronic arthritic conditions.

Both the hot and the cold applications should be left on for 2 to 4 hours.

Typically, Green Clay is obtained through mail order.

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Raw Juice Therapy

During the acute inflammatory stage:

- 600 to 1,200 ml celery juice daily

also

- 170 ml carrot juice daily
- 140 ml beetroot juice daily
- 140 ml cucumber juice, 2 x daily

The individual juices can be combined.

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Biochemic Tissue Salts

For fever and other signs of inflammation - Ferr Phos.

Chief remedy for gout - Nat Sulph.

In acute attacks, alternate Nat Sulph with Ferr Phos.

Acute - 4 x tabs hourly (every 10 mins in very severe cases)

Chronic - 4 x tabs, 4 x daily

Supplements

- Vit C - 1 gram, 3 x daily
- Vit E - 200 iu, 2 x daily
- Vit B-complex - 100mg, 3 x daily
- Vit B12 - up to 2,000 mcg daily
- Vit A - 10,000 iu, Vit D - 400 iu, 1 to 3 caps, 3 x daily (5 days on, 2 days off)
- Garlic caps - 1 cap, 4 x daily
- Zinc - 100 mg chelated zinc daily
- Calcium - 6 to 9 bone-meal tablets daily; OR dolomite tabs - 5 x tabs daily
- Pollon B - take max dose as manufacturer instructs
- Kelp tab - 1 x tab, 3 x daily, with meals

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Pollen B

A three month course of Pollen-B tabs has been found to be effective. Follow the manufacturer's instructions, and take the maximum dose.

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Cider Vinegar

2 tsp cider vinegar and 2 tsp honey in a glass of spring or mineral water (not tap water). Take at each meal, or between meals if preferred.

On Monday, Wednesday, and Friday, at one meal, add 1 x drop of iodine to mixture.

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Gout Infusion

Take 4 x cups daily made of the following infusion:

- 1 litre spring water (not tap water)
- 4 x slices of lemon
- Pinch of lavender
- Pinch of dog's tooth

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Alfalfa Infusion

This infusion is made from simmering (not boiling) 30 grams of untreated Alfalfa seeds (such as are used for sprouting) in 700 ml of water in a glass pan for 30 minutes.

Strain and squeeze out seeds, cool, and refrigerate.

Do not keep for longer than 1 day.

To use, mix a cupful of infusion with an equal volume of spring water (not tap water) - add honey if desired.

Drink 6 to 7 cups daily.

Persist for at least 2 weeks.

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Aromatherapy

For gout, gently rub the afflicted joint with olive oil containing 10% juniper essential oil.

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Beneficial Foods

Food sources rich in sulphur are recommended, including:

- Garlic
- Live yogurt

The following foods are believed to be beneficial for gout sufferers, and should be included in a gout diet include:

- 50 to 75 grams of poultry or fish on alternate days if vegetarian food is not liked
- A lightly cooked egg is permitted 2 x weekly
- Cherries (especially sour cherries - 0.25 to 0.5 kg daily)
- Drinking lots of spring or mineral water (no tap water, ever)
- Drinks such as fruit juices, coffee, tea, and carbonated beverages
- Eat large raw salads and lightly steamed vegetables daily
- Foods with high vitamin C content, red bell peppers, potatoes and red cabbage
- Fresh fruits such as blueberries, and bananas
- One day a week, eat only raw foods
- Vegetables including green leafy vegetables, celery, tomatoes, cabbage and parsley

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Foods that Cause Gout

Knowing the foods that cause gout is very important, because there is a strong relationship between food and gout. Consequently, changes in an individual's diet can dramatically decrease gout symptoms.

Foods that cause gout are high in purines.

Purines are the chemicals in foods, which the body breaks down into uric acid. Individuals with gout are unable to secrete enough uric acid, so it builds up in the body and eventually crystallizes.

The key to a successful gout diet is not only to limit foods high in purines, but also to eat healthy foods that will help limit gout attacks.

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Food to be Avoided

Regarding food, the individual should cut down on foods, etc, that cause gout. This includes:

- Acid fruit such as citrus fruits and strawberries
- Alcohol - especially beer and wine
- Asparagus
- Beans
- Cauliflower
- Certain fish and shell fish - herring, sardines, anchovies, mussels, shrimp and scallops are known foods that cause gout
- Cottage Cheese
- Dairy products (cow's milk and its products)
- Gravies, rich and creamy sauces, consommé and meat extracts
- Heavy red meats (beef, lamb, pork)
- Ice Cream
- Lentils
- Milk
- Mushrooms
- Offal/organ meats - this includes liver, kidney, heart and tongue, etc
- Peanuts
- Peas
- salt
- Sausage
- Spinach
- sugar
- Sweetbreads
- Wheat foods
- White flour products
- Yeast

Additional foods that are moderately high in purines and should be avoided on a gout diet include bacon, turkey, trout, goose, pheasant, veal, mutton, haddock and salmon.

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Avoid Eating Foods High In Purines

According to the American Medical Association, purine-containing foods include:

- Anchovies
- Asparagus
- Beer, and other alcoholic beverages
- Cauliflower
- Fish roes
- Herring
- Legumes (dried beans, peas)
- Meat extracts, consommé, gravies
- Mushrooms
- Organ meat (liver, kidneys, sweetbreads)
- Sardines in oil
- Spinach
- Yeast

Foods very high in purines include:

- Hearts
- Herring
- Mussels
- Sardines
- Smelt
- Sweetbreads
- Yeast

Foods moderately high in purines include:

- Anchovies
- Bacon
- Goose
- Grouse
- Haddock
- Kidneys
- Liver
- Mutton
- Partridge
- Pheasant
- Salmon
- Scallops
- Trout
- Turkey
- Veal

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