

# A Gout Home remedy in 2 Hours

**M**ore and more **gout** victims are turning to **natural gout** home remedies in preference to mainstream drug-based drugs which are very pricey, have a range of nasty side effects, and only work whilst being taken. And there are a whole range of natural remedies for gout that you can take.

## Very Effective Gout Home Remedy is Baking Soda (Bicarbonate of Soda)

I have used this one myself very successfully. This natural gout home remedy has been known to start working in as little as 2 hours in order to get rid of the pain of gout and reduce the signs and symptoms.

- This natural remedy can work so efficiently because it has the ability to dissolve **uric acid** crystals in the joints.
- It also creates **uric acid** much more soluble so it's excreted more easily.
- And, because it really is taken with lots of water, helps the kidneys to flush excess uric acid out of your body.

## As I Said Above, this Particular Remedy is Taken in Water

You add 1/2 teaspoon of baking soda to be able to a large glass of water as well as mix thoroughly until completely dissolved. Then drink a glass first thing in the morning, one every Three to five hours during the day, and then one glass before bedtime. Repeat until the symptoms have gone.

Note: don't exceed 4 teaspoons in a 24 hour period.

- But, simply because baking soda is high in sodium you must change to a salt-free diet while taking this particular gout home remedy.
- And if you suffer from high blood pressure, you must talk to your doctor for their permission before taking it.
- As I said above I have found this kind of home remedy to be very effective.
- But, of course, it can only be used within a **gout attack**.
- You can't take it on a daily basis to try to prevent attacks.

And **gout prevention** is paramount because recurring gout can eventually leave you with long term shared damage and even kidney problems. The trouble is that, once you have had one attack, you are now highly likely to have more. Don't worry although there are natural gout home remedies that can help prevent future gout attacks from ruining your health...

So in order to discover the gout home cures to prevent recurring gout causing you serious health problems, go now to be able to <http://gout-relief-today.blogspot.com> for the facts.



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