

# Dissolving Gout Crystals Naturally and Fast

**D**issolving **gout** crystals doesn't require drugs, you can break down them naturally. Here, you'll find a secret way to eliminate gout crystals using a simple grocery product.

First though, before we learn how to get rid of gout crystals naturally, it's probably best in the event that we consider the cause of gout, and, why you may not want to use drug-based treatments to be able to cure your gout.

- As you probably already know just the gout is caused by **uric acid** crystals that have formed in your joint(s).
- As well as you probably also understand that these are formed when you have relatively high levels of **uric acid** in your blood.
- But did you know that uric acid is actually a byproduct of the metabolizing process that goes on in your body?
- Cells in your body have chemical compounds called 'purines' that produce uric acid.
- But **purines** also occur in the meat, which is important, as you'll see below.



## And So to Mainstream Medical Treatment

There are drugs to reduce inflammation as well as reducing pain that do that very well. However they don't **dissolve gout** deposits. However, there are other drugs that, whilst they can not in fact 'dissolve' crystals, can reduce **uric acid levels** in your blood.

- But more and more gout sufferers find themselves being attracted to natural remedies for gout that can do everything that drugs can do.
- And devoid of the horrible side effects of those drugs.
- So, what's this 'secret' natural remedy for dissolving gout crystals?
- It really is baking soda.
- Yes, the baking soda you may well have in a kitchen drawer can dissolve your own uric acid crystals.
- And not only dissolve the crystals, but also help raise the solubility of uric acid itself, and, maximise body fluids volume.
- This really helps to excrete uric acid more effectively out of your body, thus helping to lower your overall uric acid levels.

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*How To Relieve Joint Pain And Stiffness Naturally* Mostly, joint pain, also known as arthralgia, is caused by an arthritis condition, such as gout, rheumatoid arthritis, osteoarthritis, reactive arthritis, or septic arthritis. Arthralgia and tightness can also occur due to injuries, overuse of the...

## Here's How You can Break Up Your Gout Crystals Using Baking Soda...

Thoroughly mix 1/2 teaspoon of baking soda (bicarbonate of soda) in a large glass of water. Drink 1 glass before bedtime, a glass in the morning, and a glass every 2 - 4 hours between meals. Follow this routine each day until your **gout symptoms** abate.

- Important: Never take more than the equivalent of 4 teaspoons of baking soda in any 24 hour period.
- And, since it is very high in sodium, change to a low-sodium diet and stop putting salt on or in your food.
- Plus, if you suffer from high blood pressure, see your doctor for their advice before trying this remedy.
- The above remedy has been shown to be effective, but, is really only of use throughout an attack.
- You really don't want to be taking it once the attack has abated as well as the crystals have been demolished.
- It has too much sodium for that.
- But you do need to prevent your uric acid rising again and causing you to have frequent **gout attacks**.
- You need to do this because of the dangers of permanently damaged joints and kidney problems associated with long term recurring gout.

Now there are many natural ways to help do this, but your diet -- bear in mind purines in food above? -- and other things like your way of life, weight, family history, and so on. must all be addressed as well, if you are to avoid further gout attacks making use of their inherent dangers.

“ For more information on how to get fast gout pain relief, plus, prevent your gout returning in the future, then go to <http://gout-relief-today.blogspot.com> and discover how you can quickly do both without expensive drugs with their horrible side effects.

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