

# Effective Ways of Getting Relief from Gout Pain

**A**s a **gout** sufferer, when you are compelled to wake up late at night because of unbearable pain in the joints, you will certainly be looking for a quick way of relieving yourself from the pain. If you suffer from **gout attacks** quite frequently, or any member of your family had previously been a sufferer of gout, then you have to be privy to the tricks of dealing with gout with immediate effect. One thing that you should definitely do is stop consuming foods that are rich in purine. Those foods play a big role in increasing the level of **uric acid** in your blood and that will certainly lead to gout attacks. Mentioned below are some important tips that will certainly enable you to get rid of the gout assault and prevent it from reoccurring.



## Tips to Get Relief from Gout Pain

You should always keep a system close to you, and that kit ought to include all those items that are necessary for getting you the much needed relief from your pain. Keeping the kit is absolutely necessary because it will not be possible for you to run to the doctor late at night. Keeping the necessary pain minimizing items close to you will ensure that you manage to relieve yourself from the pain when the attack happens at odd hours.

- The joint that has been affected should be sprayed with a good pain relieving spray that has the potential to penetrate into the strong.
- Such sprays are available in abundance in a lot of the pharmacies.

You cannot avail a spray, then you can certainly help get a oil that is penetrating enough in order to reach the joints and heal the pain in quick time.

- You can also go for any over-the-counter pain reliever.
- But a good idea is not to go for aspirin as that can deteriorate the condition further.

There is a bathtub in your bathroom, you'll be able to soak the affected areas in warm water with drops of Epsom salt and rock and roll salt demolished in it. Apple Cider Vinegar is also considered as a good remedy. In case there is no bath tub, the same purpose can be served by a large container or a bucket.

## You Must Drink a Lot of Water

The increase in the consumption of water will help you to flush out the excess amount of **uric acid** crystals from your body through urine. If you are free from problems like high pressure or are not undergoing any kind of sodium free of charge diet, then a good idea is that you dissolve one or two spoons of baking soda inside your glass of water as well as drink that twice a day.

## You Just Need to Forget Alcohol

Consuming alcohol, especially beer, will act as a huge hindrance in your pain relieving efforts. Along with alcohol, you will also need to give up soda, tea, coffee or other drinks that are rich in caffeine.

## Cherries are an Incredible Remedy for Gout Pains

So it is wise to make a habit of having cherries or **cherry juice** on a daily basis. If you are not that fond of cherries, blueberries are a good as well as just as effective alternative.

- Consuming fruits that are rich in vitamin C is also a great thing to do.
- There are certain vegetables too that are rich in vitamin C.
- Having these fruits and vegetables will give you positive results as far as reducing your gout pain can be involved.

Author's Bio: Mary Watson is a well known author that writes articles on gout related problems and the necessity to buy Colchicine for treating the disease. In this article she has talked about the ways of **treating gout**. She suggests her readers to go to [Bigmountaindrugs.com](http://Bigmountaindrugs.com) for further information on this topic.

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