

# Facts and Fallacies about Home remedies for Gout

**S**o much has been said and written about home remedies for gout, it may often lead people into confusion as to what is true and what is not. Let us tackle some matters about **gout** and separate each fact from the fallacy:

## Facts:

There are no definite natural home remedies regarding gout to prevent gout discomfort from recurring. No matter how many people claim this and that home remedy took away their gout pains for good, this is not at all true. Different treatments have different effects on different people. This is one reason why until now, there still is no certain cure for gout and gout pains.

- Losing weight will make a gout sufferer control his or her **gout attacks** much better.
- Losing weight means lessening the pressure on your own joints while suffering from gout pains.
- Losing weight may also mean that the levels of your **uric acid** may have gone down.
- Still, losing weight does not mean you are costfree from gout and may still experience gout attacks from time to time.
- Gout-friendly diet is one that includes plenty of fresh fruits and vegetables and only a portion of meat, oily fish and chicken meat.
- This is the basic gout diet.
- Fad diet programs highly publicized in magazines and also books as the latest wonders should not be gobbled up as well easily.
- Again, different strokes for different folks.

## Oily Fish Have Better Benefits Compared to Other Meat Products

Eating oily fish like herring, sardines, kippers, large mackerel, pilchards and tuna twice in a week but only in small portions, help reduce **gout swelling**. This is due to the fact that oily fish and cod liver oil contain omega 3 fatty acids which has an anti-inflammatory effect.

## Fallacies

Eating citrus fruits can cause gout attacks. Food substances have different types of acid, therefore, there is no medical support to the claim that citrus acid triggers gout attacks.

- Aubergines or perhaps eggplants, tomatoes and red peppers can cause gout attacks.
- There is no general evidence in support of this.
- Although some people may have experienced gout attacks to be able to these foods as an allergic reaction but only in singled out or rare cases.

Again, different people have different responses to different foods. Beside, you should not discount the fact that tomatoes are beneficial as a good source of Vitamin c, which helps lessen **uric acid** crystallization.

- Green lipped mussels and also seaweeds can be beneficial as **gout remedies**.
- This is probably true in isolated cases but not as a general treatment, since there is no medical evidence to support this.

## Cider Vinegar, Selenium, and Also Molasses are Also Effective Gout Remedies

The effects of these cures have been touted as placebo effects or mind over matter outcomes. They have also been cited as causes for allergies, therefore it is not generally suggested as **gout remedy**.

As a rule, home remedies for gout usually are not discouraged because there are some cases that they were reliable. However, medical researchers have a reason to believe that the physiology of certain individuals contribute largely in creating a positive or negative reaction to these home remedies for gout.

*The combination of physical characteristics and innate compositions differ from one person to another, hence some people may react in different ways for each type of treatment.*

Clinical tests try and go to home remedies for gout that will produce benefits to a great number of people, who are more or less in the same levels of body condition and metabolic compositions.

*“ Alvin Hopkinson is a leading researcher in the area of remedies and **gout treatment**. Understand how you can have immediate gout relief using proven natural home remedies, all without resorting to harmful medications or drugs. Visit his site now at <http://www.goutremoval.com>.*

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