

Gout and Stress - How Reducing Stress Can help Your Gout

When your stress levels increase this increases your metabolism. Now when this happens more **uric acid** is actually made in your body. High levels of **uric acid** produce uric acid crystals in your joints, causing painful **gout**. You can now see that there is a link between stress and gout.

- So, as a gout sufferer, you need to do everything possible to reduce your stress.
- There are many things that you can do to help reduce your stress and so split the link between that and the gout, but here are 3 simple ones...



Deep Breathing Exercises

When we have been stressed out all of us tend to breathe more quickly and in a more superficial way. This upsets your body's natural air / carbon dioxide balance, which you need to reinstate.

- So on a daily basis practise deep, controlled breathing, breathing in slowly through your nose and slowly out through your mouth.
- Make sure you use your diaphragm as well as your chest to be able to use your full lung capacity.
- Relaxation Exercise to reduce Stress a) Find somewhere you won't be disturbed, e.g. your bedroom.
- Lie flat out on the bed, or, recline in a comfy chair.

Close Your Eyes and Begin Slowing Down Your Own Breathing.

Breathe in through your nose for a count of 2 inflating both your own diaphragm as well as your upper body.

Breathe out through your mouth for a count of 4 expelling all the air with your abdomen and chest.

Repeat Steps C. and D. for At Least 2 Minutes.

Now, focusing on each part of your body in turn (starting with your right arm perhaps), relax each muscle group, sensation them acquiring heavier and heavier and your stress just flowing aside. Repeat for your left arm, face, guitar neck, shoulders, and so on.

Meditation to Relieve Stress

Many people swear by the use of meditation for relieving their own anxiety, making them with a lot more energy, needing less sleep and feeling a lot more 'alive.' But, it's a skill that you need to learn. You can do this by trawling the internet or by reading books on the subject. However, it's probably best to contact a teacher of meditation near you.



GoutUric AcidUricGout AttacksGout Gout

These 3 Tips are Healthy Ways to Reduce Your Stress to Help Combat Gout.

But, of course, stress is only one element in your battle against your condition. There are many other issues that you need to become familiar with and to take action on if you are to eliminate your gout for good.

And you really do need to get rid of your gout permanently because recurring **gout attacks** may eventually lead to kidney problems like painful stones, and, permanently damaged joints.

You're in Luck Even Though

There's a unique gout report available on the internet see below that has all the information you need in a single place. It is what thousands of ex-gout victims worldwide have successfully used to prevent their gout returning. It also contains a special 2 hour gout remedy program.

And it uses fully-researched, totally natural methods. So that you will benefit two ways: (1) you get rid of your excruciating pain very fast, and, (2) you stop your gout returning, so you reduce the risk of permanent damage.

So, to get gout pain relief in 2 hours, plus, prevent your gout returning in the future, then go to <http://gout-relief-today.blogspot.com> and see how you can quickly do both without having expensive drug treatments with their horrible side effects.

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