

# Heating Pad Treatment for Gout - Alternative Methods to Relive Pain

**Y**ou suffer from **gout** or know someone that does, likely you are seeking ways to relieve the pain. You will find numerous methods that can work for many people. Among them is going to be charcoal and charcoal creams, dietary supplements, holistic methods and even heating pad treatments for gout soreness. Most likely, you are going to be more than willing to try almost anything within reason to simply make the pain stop.

Throughout this article you will find useful information on how to be able to minimize **gout attacks** and limit the pain you have from an attack. It is wise for you to first discuss with your doctor methods you should use for the discomfort and what you should stay away from.

Your doctor will take into consideration the other health problems you have as well as other medications you might need to take to treat those conditions. If you do not discuss with your doctor first you can be risking a more serious condition related to an interaction with the alternative treatment and existing medicines.



GoutGout AttacksGout Flare

- Widely recommended treatment for subsiding the pain associated with a gout attack is using a heating pad.
- You ought to alternate between the heating pad and also an ice pack, about every 15 minutes switch to the other.
- Generally speaking, this will not completely get rid of the pain but it will make it a smaller amount sever and more endurable.
- You prefer to not use a heating pad but still want to use a heat source you can use hot and cold water for the same outcome.
- Soak the area that is troubling you in hot water for around 2-3 minutes and then switch to cold water for about 30-45 seconds.
- Continue to do this before pain is tolerable.

## Another Technique is in Order to Bathe the Joint in Warm Water With Epsom Salt

This can be purchased at almost any store for a few dollars. You will find instructions for utilization on the package for many other ailments. For gout you should put about 3 tbsp of Epsom salt in a basin of warm water and soak for half an hour.

- Many have spoken of their positive results from using a heating pad therapy for gout, as well as changing heat and cold.
- You should try a different method to see which meets your need the best.
- Be sure that you avoid foods and beverages you know cause the gout to surface.

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