

Olive Leaf Tea for Gout

Gout is a form of arthritis which really means it causes **joint pain**. Usually gout sufferers experience terrible pain in the big toe but other areas may be affected as well. Gout occurs because there is an accumulation of **uric acid** in the blood. Eventually the concentration of **uric acid** is so great that crystals form and therefore are transferred in the joints. Perhaps more alarmingly the particular crystals can also build up in the major organs of the body. So, if this of gout is felt it needs to be dealt with. All those crystals need to be eradicated before they can cause any organ damage.



Gout is a Serious Problem and Medical Attention Should be Sought (and Indeed Followed)

But there are ways to help the medics. Some herbal remedies with regard to gout can be very effective in speeding along recovery. If you are taking medication its a good idea to let your physician know about any herbal solutions you are taking too.

- Since gout is actually a build up of uric acid it would seem appropriate to find a way to reduce uric acid in the blood.
- One effective way is to promote urine production.
- When our bodies are in balance urine takes uric acid out of our bodies naturally.
- So if we produce more urine and indeed urinate more often we should be able to get rid of some excess uric acid.
- Makes sense doesn't it?
- Firstly drinking plenty of water is crucial.
- A body that is dehydrated will not function properly and will not be able to flush the uric acid from the blood effectively.

Increasing Urine Production If You Take Some Form of Diuretic is Also a Good Idea

Olive leaf has been taken as a diuretic since Biblical times so this is one leaf worth considering if you have gout. In 1993 a study In Japan concluded that drinking four cups of olive leaf tea a day for three weeks could increase urine production by up to 15%. Increased urine production cuts down on the concentration of uric acid within the blood which is the thing you really want to do when you have gout!

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How to prevent arthritis According to the Centers for Disease Control and Prevention (CDC), the number of Americans suffering from arthritis is growing. The disease is now the leading cause of disability across the country and more women are being diagnosed than ever...



GoutUric AcidUricJoint Pain

“ *There is actually much more work that needs to be done on the possible benefits of olive leaf tea, but so far, all indications are very positive. There have been no major negative effects reported possibly which is great news. Though, since olive leaf has also been found to lower blood pressure and blood sugar levels it should be taken under medical supervision by those with low blood pressure and diabetes patients.*

- Gout often runs in families so if you think you are at risk of suffering from gout, taking olive leaf tea or olive leaf extract might be a good idea.
- That way you may well prevent this painful ailment.
- Taking the olive leaf in tea form seems the most smart option as that way you also keep hydrated which is very important.
- The author is researching more olive leaf benefits as well as all aspects of the olive fruit.
- See the website All That's Olive.

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