

Treating Gout With Alternative Medicine

The name of the disease is not what concerns the person who treats the patient holistically, for they are looking at the disease in the patient, not the **gout**. Gout is a manifestation of the disease in the patient, treating the presenting symptoms with medicines for the inflammation and pain may reduce the symptoms briefly, but it's not managing the cause of the condition.

You might say that since you have been taking a particular drug that you haven't had any gout attacks, and as far as you are concerned little else matters. Unfortunately the prescription drugs



“ So what is the cause of gout? One might be told that some families have a predisposition to gout, and you may be told that some foods aggravate the condition, and that's about all that can be done if you're treated conventionally, you will also be given some prescription drugs to be able to alleviate your soreness, and also to reduce inflammation. If you do nothing else to fix the cause of your gout, then it's very unlikely you will see any improvement in your health.

have only palliated your condition, and with constant ingestion of anti-inflammatory drugs and pain killers your gouty condition will continue to develop behind the scenes, and your general health will deteriorate as a result of the drugs you are taking.

Alternative medicine, depending on what modality you have chosen, would to begin with want to overhaul your diet, regarding a diet rich in **purine** meals would probably exacerbate the problem, and may even be solely responsible for your gout.

Foods high in purines and are therefore to be avoided: Meat gravies, stocks, organ meats, shellfish, anchovies, sardines, herrings, mussels, mushrooms and asparagus. Alcohol, particularly beer is high in purines, and for that reason must be avoided. Any alcohol taken should be followed by copious amounts of water in order to avoid dehydration and consequent **uric acid** build-up. Meat, white flour, sugars, poultry, dried beans, fish, oatmeal, cauliflower, spinach and peas are moderately high in purines, and may need to be avoided.

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The ideal diet should contain lots of organic fresh fruit, vegetables, wholegrains, and a very important dietary addition is wheatgrass. Fruits, vegetables and fruit drinks assist the removal of **uric acid**, and foods that neutralize uric acid tend to be strawberries, cherries, and celery juice, also drink lots of filtered water. Many people have found that the addition of **cherry juice** to their diet has prevented further gout episodes.

You may be given herbs or even homeopathic remedies for your condition, however a change in your dietary habits may be all that is needed to improve your health. What a simple answer to what could continue to be a whole life problem if you may no effort to change your eating habits. If you wish to rid yourself of your gout, alternative medicine can certainly help help you.

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