

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 alleviate the symptoms briefly, but it's not dealing with the cause of the condition.



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 worsen the condition, and that's about all that can be done in case you are treated conventionally, you will also be given some prescription drugs in order to alleviate your soreness, and also to reduce inflammation. If you do nothing else to improve the cause of your gout, then it's very unlikely you will see virtually any improvement in your health.

“ You might say that since you have been taking a specific drug that have not had any gout episodes, and as far as you are concerned little else matters. Unfortunately the prescription drugs have only palliated the condition, and with constant intake 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 method you have chosen, would firstly want to overhaul your diet, for a diet rich in **purine** foods would certainly exacerbate the condition, and may even be solely responsible for the gout.

Foods high in purines and so 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 to prevent dehydration and consequent **uric acid** build-up. Meat, white flour, glucose, poultry, dried beans, fish, oatmeal, cauliflower, spinach and peas are moderately high in purines, and may need to be avoided.

The ideal diet should have plenty 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 are usually 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 assaults.



GoutUric AcidPurinesUricGout AttacksCherry JuiceGout

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 stay a lifetime problem when you may no effort in order to change your eating habits. If you wish to rid yourself of your gout, alternative medicine are able to help you.

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