

Allopurinol Patient Testimonies: Arthritis Drugs - Is the Cure Worse Than the Disease?

Copyright 2005 Wendy Owen Research is always ongoing into new and better medications for arthritis that is a very good thing. But where is all of this leading us?

Osteoarthritis Symptoms Joint pain in rainy weather Deep aching joint pain that will get even worse after exercise or putting weight on it and is relieved by rest

Associated diseases: the presence of other connected diseases, infections, diabetes, and various other types of circulating arthritis, such as rheumatoid arthritis or gout



Definitely Worth a Try!

About the author: Find away about the healthy way to deal with osteoarthritis, rheumatoid arthritis, gout and fibromyalgia. Visit: <http://www.natural-arthritis-medication.com> and sign up for our part course. Wendy Owen is a health researcher and author.

- Biologics suppress the immune system that leaves people prone to infections.
- They are also very expensive and can't be stored without freezing.
- Some milder cases of arthritis never make it into the doctor's surgery.
- Indeed the sufferer might not even be aware that they are suffering from arthritis at all.
- They may be feeling a few aches and pains" that they put down to senior years or even the cold damp weather.

Also available mainly to Rheumatoid Arthritis patients are Disease-modifying anti-rheumatic drugs (DMARDs) These work by stopping the immune system from attacking the joints. DMARDs may take up to three months to reduce symptoms however they do help to stop joint damage even though they can't repair any previous damage.

Gout Treatment Through Prescribed Drugs or Even Medicine

You have the choice of prescribed drugs treatment or natural treatment and the combination of both of the treatment. Uric acid is founded in the urine and it is a by product of purine produced by the breakdown of protein cells. If the uric acid crystals are not diluted properly then these crystals enters in the blood and then collect in the joints. It is very painful; the immediate treatment of gout is to overcome the intense pain, over the counter prescription drugs like Acetaminophen and also indomethacin. These two drugs are usually very useful and effective in order to overcome the pain and inflammation. As opposed to natural gout treatments the medicines works on different mechanism to reduce the level of uric acid in the blood, the drugs are called Uricosurics. Allopurinol and Colchicine are the two famous medicines which usually decrease the uric acid level.

- But, in order to be effective, it should be raw, un-distilled, unpasteurized apple cider vinegar.
- The kind that has a sediment in the bottom of the bottle, called the 'mother.'

But, to have the best possible chance of a gout cure, you need to understand a whole lot of additional issues that can help to cause gout; for example, your diet, your weight, lifestyle, medications, underlying medical conditions, genealogy, etc.

- All begins with having higher-than-normal levels of uric acid in your body.
- Under these conditions -- known as hyperuricemia -- tiny needle-like deposits can form and be deposited in your joints, for example gout your foot.
- Of course we need effective pain medication for arthritis to enable sufferers to live normal lives.
- But are all these expensive medications controlling the disease or simply masking the symptoms?

Although there is little evidence for the effectiveness of complementary therapies for osteoarthritis, 60 percent of people with all forms of arthritis manipulate or are using one type or another. If you have severe side-effects as a result of medication, you may find acupuncture or reflexology helpful in relieving pain.

Osteoarthritis is caused by two main reasons: 1) Trauma to the joints and/or 2) a predominantly alkaline body. If you were to maintain a trauma to a given joint and that body part sustained misalignment and damage; eventually that joint will wear out if specific measures are not taken.

Natural treatments for arthritis are available and can significantly stop some cases of arthritis, relieve pain and inflammation and in some cases, reverse joint damage.

And getting rid of gout permanently is very important because repeat gout attacks over an extended period can leave you with kidney difficulties and permanent joint damage. Plus, once having suffered your first attack, you're now very much more likely to suffer even more.

- OTC medications include aspirin as well as ibuprofen.
- These types of medications can cause intestinal bleeding and kidney damage in large doses.
- Aspirin also destroys vitamin C in the body leading to lower immunity.

Terms of gout, it is believed that, when drunk, apple cider vinegar changes your blood pH in a way that helps to alleviate high uric acid blood levels. But it may also be used to deal with the swelling and agonizing pain of gout, when applied directly to the affected area, e.g. gout in the foot.

- Many gout sufferers have had success with this home remedy for gout.
- But whilst it can be effective, there are lots of other organic gout remedies that you can use.
- So get to know them in case apple cider vinegar just doesn't work for you.

Birch leaf and celery as well as mustard are also very useful in order to flush out the uric acid through urine

Apple Cider Vinegar as a Drink to Treat Gout in the Foot

For drinking, all you need to do is mix 2 to 3 teaspoons of vinegar into a large glass of water as well as stir thoroughly. Drink a glass 3 times per day. I can drink this no problem, but if you can't abide the taste, just add a little honey.

For Tough One Arthritis-

By this particular stage most people have consulted their doctor. Prescription medication at this stage normally consists of the Nonsteroidal anti-inflammatory drugs or NSAIDs. These do target the pain and inflammation of arthritis symptoms but have a range of side effects including stomach upset, abdominal pain, and ulcers.


Osteoarthritis - Cause Excess weight puts extra strain on the joints, particularly the large weight-bearing joints, such as the knees, hips, and balls of the feet. Experts estimate that every 1 lb (0.5 kg) of body weight means at least 3 lb (1.4 kg) of stress in the knee joint, and even more at the hip joint. Research has shown that weight loss can decrease the symptoms of knee osteoarthritis or the chances of developing those symptoms.

Natural Remedy for Gout

Vitamins and the herbs are very effective treatment for gout. Bromelain is also very effective in gout treatment because it is anti inflammatory derivative pineapple. Ascorbic acid is also very useful. If you are confused between gout natural treatments and traditional treatment then you should consult to your doctor. There are some natural medications for gout treatment which decrease the level of uric acid in the blood. These remedies are as follows.

- Long term use of these may produce sleep problems, weight gain, osteoporosis and loss of defense.
- Also available to those for whom nothing else seems to work are Biologic Response Modifiers Biologics).
- Biologics are derived from live sources, plants and animals and are not manufactured chemically.
- They are mainly used for sufferers of Rheumatoid Arthritis and are given intravenously or perhaps by injection.
- They can not be used tablet form.

Soothing devil's claw and cleansing poke underlying, these herbs are also very effective for gout treatment

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Foods to avoid for people with Gout People with gout need to always remember what foods to avoid in order to avoid the flare-ups or the attacks and in order to treat gout. These would be foods that can increase our body's uric acid levels, and can thus increase the risks of worsening...
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Apple Cider Vinegar to Reduce Swelling and Relieve Gout Pain

You use this as a soak. Merely make up a mixture in the ratio of 1/2 cup of vinegar to 3 cups of hot water. If you need more, then use 1 cup vinegar to 6 cups of hot water. Soak your own foot for around 30 minutes.

Stinging nettle as well as horsetail tea is very effective to decrease the actual uric acid Horseradish and parsley juices

Genetics: having a genealogy of osteoarthritis or even congenital defects of joints, spine, or leg abnormalities

Osteoarthritis is the most common form of arthritis and is also called degenerative joint disease. In this type of arthritis, the cartilage that covers the ends of the bones that connect at the joint wears away, exposing the bone and causing pain. This condition may also involve a decrease in the amount of joint fluid, called synovial fluid, that cushions the joint, as well as changes in the ligaments and muscles that stabilize the joint.

For Advanced Arthritis-

For those suffering extreme pain and swelling the medical profession brings out the heavy artillery - Corticosteroids. These types of drugs contain manufactured cortisone and can be injected directly into the affected joints or taken orally.

- Enter the COX-2 inhibitors.
- These have been designed for people whose stomach problems can't endure the above.
- Unfortunately the risks remain for chest pain, heart attack and stroke victims.

Although these types of drugs are a boon to many, they work primarily at masking the symptoms of arthritis and can't reverse the damage already caused. Most people thinks this is impossible, it isn't!

- Osteoarthritis is often able to be diagnosed by its characteristic symptoms of pain, decreased movement and/or disability.
- Osteoarthritis can be confirmed by having an x-ray.
- Common x-ray findings include narrowing of the joint space between bones, a loss of cartilage and bone spurs or bone growths.

Bony enlargements and osteophyte formation Crepitus (crackling, milling noise with movement) Joint effusion (swelling) Diagnosis

- Here's a "quick and dirty" lowdown on what's currently available both "over the counter" (OTC) as well as on prescription only.
- For mild instances of arthritis -

Blood tests may be used in order to exclude other feasible conditions but they cannot diagnose osteoarthritis.

Before discussing if apple cider vinegar can cure gout in the foot or not, we really need to get a good understanding of what causes gout in the first place...

- That may be all well and good, but actually OTC medications can be dangerous if taken over a long period of time.
- The idea of more is better" can also happen if the pain gradually becomes worse.
- This can lead to serious side effects.

There are two main reasons the reason why you might have higher uric acid and those are; your kidneys aren't working at full potential and so can't process and excrete the normal levels of acid your body produces, or, your body is producing too much for your otherwise healthy kidneys to deal with.

Gout Attacks All of a Sudden on the Joints, Mostly this Attacks on the Big Toe

The pain of gout is very scary and usually it occurs at the midnight and makes you feel painful and helpless. There are two options of gout treatment or for the prevention of gout. First option is prescribed drugs by the doctor and second option you have is from the natural treatment.

When gout attacks first time in your body then you should want to steer clear of the future gout attacks and want to prevent the complications and side effects of gout such as kidney stones and immobility of chronic degeneration of joints.

When Gout Attack Hit Your Joints Next It Creates Your Joint Red and Warmth

This usually happens when the level of uric acid increase in your blood. When all the symptoms of gout reveals then the doctor will recommend you gout treatment. This individual prescribed drug medicines or natural treatment with regard to gout. He also can suggest you to dieting. According to the report of Centers for Disease Control approximately 3.3 million percent people in the United States of America suffering from this disease and mostly are the men.

What is Primary Osteoarthritis?

Osteoarthritis is the primary stage doesn't have directly identifiable cause but is often posited as one of those diseases associated with aging. Scientific research indicates that chances for osteoarthritis become higher as one ages. This is because as one ages, water accumulates in the joints thus affecting cartilage protein structure. As a result, cartilages in joint parts degenerate right up until eventually they become brittle and breakdown.

There are many gout remedies out there, such as drug-based drugs, but here we are looking at using apple cider vinegar...

Treatment for Osteoarthritis

Acetaminophen (Tylenol): has been shown to be as effective as nonsteroidal medication for the pain of knee osteoarthritis. People should keep their dose of acetaminophen to under 2000 mg a day as higher doses could cause kidney disease.

People with high blood pressure, those with kidney difficulties and especially people who have heart problems are especially at risk with NSAIDs.

- Reheat the mixture if you need to and repeat.
- Remember not to make use of boiling water.
- And test the heat before you put your foot in.
- Caution You should only use these drugs if your doctor prescribed because many of the medicine have some major unwanted effects.
- If you in the process of gout treatment then you ought to drink at least 96 oz water daily.

Apple cider vinegar has been used lower time for all manner of afflictions, including gout, and has proved to be pretty effective.

- Whichever the reason, and it can be both working at the same time, you end up with excess uric acid in your blood.
- So you have to reduce this excess if you are in order to cure your gout in the foot.

So, in order to learn how to prevent recurring gout from damaging your health, please go now to www.thegoutsite.com.

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