

Natural Medications for Gout

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Natural gout treatments such as Urcinol, Goutwell, Uricinex, Goutrex, Gout Care, Puricil and burdock do not require a prescription and are generally considered safe with no or minimal side effects.

Urcinol, a natural herbal based supplement helps to reduce pain and reduces uric acid levels.

Goutwell is an herbal supplement that optimizes uric acid metabolism, reduces pain and inflammation and improves blood circulation.

Uricinex addresses redness and swelling of the effected joint while balancing uric acid levels.

Goutrex is an all natural supplement used in treating high uric acid levels, while reducing pain and swelling.

Gout Care is a natural herb blend that controls over production of uric acid so as to ward off future attacks of gout.

Puricil is a botanical blend of all natural ingredients that work to relieve stiffness, inflammation, swelling and intense pain associated with gout, while keeping future attacks at a minimum. Puricil stimulates digestion, breaks down foods and also eliminates uric acid and other potent toxins.

Burdock root powder helps to remove toxins through sweat glands. It is used for arthritic conditions to reduce joint swelling.

Vitamins and Minerals for Gout

Vitamins and minerals for gout will not only help alleviate the symptoms of gout, they will also help to improve the disbursement of uric acid from the body.

Vitamin C helps to reduce uric acid levels.

Vitamin E has anti-inflammatory properties.

Potassium, B-complex and calcium help to excrete uric acid from the body.

Conclusion

Of course, there are many different medications and treatment options. It is very important to get a proper diagnosis before treatment.

Always consult with your physician for testing and a treatment plan suited for you. This information will help you to be informed before speaking with your physician, then together it can help you to come to an informed decision.

Managing Gout with Diet

Gout is a painful swelling and inflammation of the joints caused by the build up of uric acid crystals in the joints. Gout is one of the most typical arthritis forms which usually appear as an acute attack. Gout is one of the most painful rheumatic diseases. It results from deposits of needle-like crystals of uric acid in connective tissue, in the joint space between two bones, or in both. This uric acid leads to inflammatory arthritis, which causes swelling, redness, heat, pain, and stiffness in the joints. Uric acid is a substance that results from the breakdown of purines, which are part of all human tissue and are found in many foods. Normally, uric acid is dissolved in the blood and passed through the kidneys into the urine, where it is eliminated. If the body increases its production of uric acid or if the kidneys do not eliminate enough uric acid from the body, levels of it build up in the blood (a condition called hyperuricemia).

Hyperuricemia also may result when a person eats too many high-purine foods, such as liver, dried beans and peas, anchovies, and gravies. Hyperuricemia is not a disease and by itself is not dangerous. However, if excess uric acid crystals form as a result of hyperuricemia, gout can develop. The excess crystals build up in the joint spaces, causing inflammation. Gout occurs in approximately 840 out of every 100,000 people. It is rare in children and young adults. Adult men, particularly those between the ages of 40 and 50, are more likely to develop gout than women, who rarely develop the disorder before menopause.

The good news is gout is preventable by controlling your daily diet. Here are the 5 tips of role of diet for gout sufferers.

1. Lose weight gradually. Many people who have gout are obese; losing weight-especially fat around the abdomen-often prevents future attacks. Weight loss should be gradual, however, because a rapid reduction can raise blood level of uric acid and provoke gout. Fasting increases the blood levels of uric acid, therefore, people with gout should never try to skip meals. High-protein, low-carbohydrate diets should be avoided since these diets encourage the formation of ketones, metabolic by-products that hamper the body's ability to excrete uric acid.

2. You may have to modify your drug therapy. Sometime gout is brought on by using aspirin or diuretics for high blood pressure. This medicine may interfere with normal kidney function and the elimination of uric acid. Your doctor may change treatment if you experience severe joint pain while on a drug therapy.

3. Avoid foods that are high in purines. Foods with a high content of naturally occurring chemicals called purines promote overproduction of uric acid in people with a tendency for gout. High-purine foods include anchovies, sardines, liver, kidneys, brains, meat extracts, herring, mackerel, scallops, game, beer, and red wine; these should be avoided completely. Moderately high purine content is found in whole-grain cereals, wheat germ and wheat bran, oatmeal, dried beans and peas, and mushrooms; eat these in moderation.

4. Consume plenty of liquids. Try to drink at least 2 liters of plain water a day to dilute urine and prevent kidney stone formation. Beer and wines should be avoided as these beverages are high in purines and interfere with the elimination of uric acid. People suffers from gout can opt for distilled alcohols in minute amount. Gout sufferers should drink only distilled alcohols in small amounts. Caffeinated beverages such as coffee also can also increase the production of uric acid and further impair its removal from the body.

5. Eat fish rich in omega-3s. The omega-3 fatty acids in fish have been found to reduce pain and inflammation in people with rheumatoid arthritis and may have a similar benefit in gout, but this may be countered by the purine content of the fish.

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People suffers from gout also may have hypertension, heart disease, diabetes, and high blood cholesterol. Counseling by a registered dietitian may help in designing appetizing, healthful meals that strike a balance between these health concerns and the enjoyment of food.

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Are Urcinol's gout medication ingredients safe and effective?

The all-natural ingredients in Urcinol have been shown to be safe and effective through clinical studies and have been recommended by healthcare professionals.

Active Ingredients:



Turmeric

Root

(Curcumin):

An anti-inflammatory that is more powerful than Cortisone which safely reduces inflammation and pain from gout in fingers and other joints during attacks.



Yucca

Stalk

Extract:

Contains saponins, which are natural pain killers and the precursors to Cortisone, which reduce the soft tissue swelling associated with gout.



Banaba

Leaf

Extract:

Contains VAD, which works to lower uric acid levels naturally by preventing xanthine oxidase from converting purines into uric acid. Studies show VAD to be more effective at managing normal uric acid levels than popular prescription drugs.



Acai

Fruit

Extract:

Prevents future gout attacks by finishing the job that Banaba Leaf starts. Contains the same key ingredient, flavonoids (specifically, anthocyanins), that make cherries so effective against gout, yet is a much more powerful antioxidant.



Bicarbonate

of

Soda:

An alkalinizing substance that balances blood pH, helps keep uric acid crystals from forming, and ensures that uric acid stays dissolved as it passes through the system. Naturally occurring, bicarbonate of soda is found in many mineral springs.



Milk

Thistle

Seed:

A powerful antioxidant that helps strengthen liver and kidney cells by stimulating protein synthesis in these cells.



Celery

Seed

Extract:

Promotes excretion of metabolic waste and uric acid crystals in urine without diuretic effects. This is extremely important as many uric acid flushes jeopardize the patient's risk of getting kidney stones.



Artichoke

Leaf

Extract:

Most gout sufferers have excess uric acid build up as a result of their body's inability to manage this metabolic waste. Artichoke safely promotes the excretion of uric acid.

Through specialized formulation, each ingredient's effects are uniquely combined with other ingredients to provide overall protection from gout.