



Natural Solutions for Gout

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Gout is a type of arthritis (joint inflammation) that occurs when there is too much uric acid in the blood, tissues, and urine. The uric acid crystallizes and takes on the shape of a sharp needle that jabs painfully into your joints. Most often formed in the big toe, it can also form in the fingers, knee, ankle and foot. The crystals form best in cooler temperatures, this may account for their forming in the extremities, where circulation and warmth is poor. The effected joints become painful, inflamed and swollen. There are several factors that lead to the development of gout, look these over and consider how they may apply to you.

Poor kidney function can be a contributor to the elevated uric acid levels. If you are not drinking 2 quarts of water daily then this may be one of your problem areas. Also if you consume a lot of sodas, even diet sodas, they contribute to an acid condition in the body. Other beverages such as coffee and alcohol overwork the kidneys as well. An excess of saturated fats is another contributor to the development of gout. Do you consume a lot of fried foods? Use a lot of butter, mayonnaise, potato chips or other fatty foods as well? Watch out during the summer months when we tend to eat a lot of these high fats foods on the weekends when we gather with friends. Over consumption of high fat foods can trigger this condition. Eating a high protein diet may be another factor in the development of the gout. When your body breaks down protein, uric acid is created as a by product. Remember it is the uric acid that is crystallized and forms the painful crystals that trigger gout. Examples of high protein foods would be meats, fish, dairy and poultry. Too many sweets and carbohydrates is another factor that many people are not aware of. When you eat meals that are high in sugars or simple carbohydrates like white flour your blood sugar levels rise, and insulin is released. If this type of diet is repeated regularly your cells no longer respond to the insulin correctly and become insulin resistant. This keeps the insulin levels in the blood too high. Those high levels of insulin cause the kidneys to function improperly, this triggers the uric acid to build up and turn into crystals.

It's not a one time over indulgence that causes gout to occur. Although it seems to come on suddenly, it develops over time. Look at your overall diet, somewhere there are too many fats, sugars, carbohydrates, or a lack of water going on. You need to make some serious changes in your diet. Learn to eat foods that are more natural, and less processed. This takes a while to learn especially if you have a busy lifestyle or have to find new foods the whole family can enjoy. You can start with simple things like cutting out the white flour and white sugar products as well as fried foods. While you are working on learning to eat better, the following supplements can help your body to correct some of the problems that led to the development of the gout. They can also help to ease the symptoms and accelerate the rate of healing in the body. Yucca - This wonderful plant is well known for its natural anti-inflammatory properties. Yucca contains naturally occurring substances called saponins which work like scrubbing bubbles in the joints. This helps to break down and remove uric acid crystals and mineral deposits from the joints. It has natural cortisone-like properties which help alleviate pain while your body is healing. Yucca is full of minerals which help the structural system repair as well. Alfalfa is an herb with a long history of use for inflammation of any

kind involving the joints. It is a natural diuretic so it helps clean the kidneys and flush toxins out of the body. The herb is very alkalizing on the body, so it is very helpful with acidic conditions such as gout. Alfalfa contains a good amount of potassium. The potassium helps the cells to be less insulin resistant, which helps solve one of the other problems associated with the development of gout. SugarReg is an herbal combination that helps support the body's effort to maintain balance between blood sugar and insulin. It also works wonders for decreasing the cravings for both carbohydrates and sugars. It is important to understand that the herbs do not treat the symptoms of gout like a medication would. Instead, herbs assist your body in correcting imbalances that lead to the development of the condition. Dietary changes must accompany your herbal program to be effective.

Don't forget to increase your water intake. This is a must, to help flush the kidneys and joints, as well as clean the blood. Are you still drinking tap water??? The chlorine and other chemicals in the water are only going to tax your kidneys more. Invest in a good quality water filter system or quality bottled water. Make a commitment today to change your health. Begin by taking steps to improve your diet, exercise regularly and make positive lifestyle changes.

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