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Arthritis and Gout Link?



Is it possible there's a link in between arthritis and gout? Read on to find out what the link between the two very similar conditions might be, and how you can get **gout relief** or cure your arthritis once you understand the link between the two.

Gout is a painful problem that impacts many people, typically those who are older in age and have a less than perfect diet. If you're going to get cured of your gout or arthritis-like symptoms then knowing exactly what's causing them is the first step and finding the link between the two is the second. Let's take a look at what might be causing your arthritis or gout to flare up.

Firstly, what is the connection between the two? Gout is a certain kind of arthritis that many people get at one point or another in their lives. The good news is that gout is easily cured, at least much more easily than other forms of arthritis. The large toe is the most common place to get gout in the body but there are other exceptions. For example some people get gout or arthritis symptoms in their legs or feet, possibly even other joints on their bodies.

What causes gout and these swollen joint symptoms? The answer is simple: too much uric acid crystallizing in the joints. This can happen from not staying hydrated enough, having a poor diet, not being active enough and it generally just becomes common with age. Some of the symptoms that are associated with gout are intense joint pain, pain when sleeping (or trying to sleep) or red and purple skin around the joint or affected area.

Dealing with **gout** can seem hopeless, but rest assured there are some ways you can get rid of it or at the very least reduce your pain. A good way to find gout relief is to ingest more fresh fruits like cherries or pineapple. These fruits will help eliminate the uric acid from your joints and ease your pain. If you can't find any fresh fruit you can try juice (make sure it's 100% fruit juice) or frozen cherries even.

Another good gout cure is taking over the counter supplements or topical lotions in an effort to help reduce the pain. If you can't find a good at home remedy that helps to ease your pain or you want to try something that is proven to work, **Uricinex** is one of the over the counter remedies that works best for **gout relief**. Always stay entirely hydrated and drinking at least 5 cups of water daily, preferably more. The better hydrated you are the easier you can rid your body of gout and get back on track to a healthy and happy body.

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