

Published based on [Benefits Of Celery For Gout Relief](#)

Benefits Of Celery For Gout Relief

Celery stalks along with celery seed extract, is consumed by many gout and high blood pressure patients. With expectations that celery can lower blood pressure and cure gout symptoms. A number of gout sufferers are positive, or nearly positive, that celery can cure gout or get rid of their gout. Others are not so sure. On behalf of those who did get **gout relief** it did not happen in a day or two. Research has shown that, for gout pain relief, three to six weeks was the average time that it took for celery to ease gout pain. So how does celery relieve gout pain? Celery is diuretic, diuretic drugs are any drug that elevates urination levels. This aids in removing uric acid from the body, a goal of all dietary and drug medication used for **gout relief**. Some other foods that are diuretic are:

Water

Cranberry juice

green tea

beets

cabbage

asparagus

brussels sprouts

oats

carrots

lettuce

tomatoes

raw onions

radishes

If celery can possibly be a gout cure for some people one of the elements contained in celery responsible for this is 3nB (3-n-Butylphtalide). Other than patients with high blood pressure or gout not many people will have heard of 3-n-butyl phtalide, but it is the compound that is responsible for the distinctive flavor and odor of celery. Two minor studies arrived at interesting and hopeful results about celery as a gout pain reliever. A celery extract, standardized to contain 85% 3nB was given to 15 arthritis, osteoporosis and gout sufferers. They took 34mg twice daily for three weeks. After three weeks the patients reported lower pain levels, and some reported complete pain relief.

Clearly encouraged by the results, the study was repeated among a larger group, 70 patients this time, who took a higher dosage (75mg) twice daily for three weeks. The results were better than in the first study. The probability that this beneficial outcome was NOT a consequence of the dosage was calculated at 1 in 1,000 chances. Noted experts have also endorsed celery as a gout remedy. A well known naturopathic doctor, Michael Murray N.D., has recommended celery, with a warning that more research needs to be done about how it works.

Another supporter of celery, Dr. James Duke PhD, developed gout and tried Allopurinol. Then he swapped Allopurinol for celery seed extract. He reported celery seed extract maintained his uric acid level below that which can often cure gout, and that he had not had a gout attack since he began taking celery seed extract. The interesting thing is that he was able to discontinue Allopurinol, and that he said a human, as well as rats, can at least maintain lower uric acid levels from celery.

End result, two experts have endorsed celery and two small studies showed promising results. Celery can be beneficial for gout, reduce blood pressure and alleviate pain. Unwanted side effects were not found in the studies. And the research obtained that pain often returned when celery seed extract was discontinued. Continued use maybe necessary if it does work for you, to give you long lasting **gout relief**.

Learn how to control your uric acid level and prevent your next gout attack. [Gout Relief the all natural way](#) without the side affects of perscription medicines. [Click Here](#) for a night of painfree sleep.

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