

Published based on [Gout Cures That Are Commonly Overlooked](#)

Gout Cures That Are Commonly Overlooked

One of these **gout cures** or to clarify gout relief remedies, (since there is no definite cure for gout) would be to try baking soda. First to briefly summarize the question "what is gout"? Gout takes place when crystals of uric acid, in the form of [monosodium urate](#), rapidly form on the cartilage of joints, on tendons, and in the surrounding tissues. Uric acid is a normal component of [blood serum](#). Uric acid is more likely to form into crystals when there is a high level of uric acid in the blood. Uric acid is markedly enhanced when the blood pH is low (high acidity). Symptoms of this can include redness, inflammation, and excruciating pain if touched or brushed against. If left untreated permanent joint damage can occur.

As with any prescription or home remedy for [gout relief](#) your physician should always be consulted first before trying any gout medications. Baking soda contains high levels of sodium and should not be taken if you suffer from heart disease, or hypertension. A low salt diet may be needed.

Many people find that treating gout with baking soda has dramatically improved their condition by increasing their pH level. The maximum dosage, unless advised otherwise by your doctor, is 4 teaspoons per day. This can be either one teaspoon dissolved in water taken 4 times a day, or 1/2 teaspoon more frequently. Half a teaspoon of baking soda in a glass of water before going to bed at night and first thing when you get up in the morning and twice during the day may form as a starting point. **Do not** exceed the maximum dosage, and always dissolve it in water first, undissolved baking soda can breach the stomach.

Baking soda can have side effects and interactions with drugs you may be taking. Just to reiterate you **must not** start taking baking soda without consulting your doctor first. Specifically, as a salt of sodium baking soda is also called bicarbonate of soda or sodium bicarbonate it can increase blood pressure. Possible side effects include

- Appetite loss
- Breathing slow
- Continuing headache
- Feet or lower legs swollen
- Mood changes
- Twitching or painful muscles
- Restlessness or nervousness
- Unpleasant taste
- Urge to urinate frequently
- Vomiting or nausea
- Weakness or tiredness

This was just one of the many all natural *gout cures* that serve an alternative to prescription medicines that is readily available for gout relief. Maintaining a healthy lifestyle with exercise and diet have also proven to be beneficial in treating gout.

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