

Published based on [Gout Relief](#)

# Gout Relief

Nearly everyone at one time or another has heard of or read an article mentioning gout, but I expect many don't know what gout really is. **What is gout**, simply put, gout is a disease caused by excessive levels of [uric acid](#) in the blood-stream (hyperuricemia). Not everyone who has high levels of this acid in their blood develops gout disease, but it does seem most do. As with any type of disease your primary care physician should always be consulted before trying any type of **gout relief**.

This disease has been noted and documented since the time of Hippocrates. Over the years gout has been associated with extravagant living, eating and drinking rich foods. And there is some indirect evidence to support this. For example, a long-term study noted that over indulgence of red meat and sea food found people were much more likely to develop gout. Additionally, significant alcohol consumption, especially in the form of beer, is also thought to increase the chances of gout development.

Specifically, gout occurs when crystals of uric acid form around body joints. This takes place when elevated levels of uric acid in the bloodstream build up. Gout is characterized by excruciating, sudden, unexpected, burning pain, as well as inflammation, redness, warmth, and stiffness in affected joints, like knees, fingers, elbows and especially big toes. This is more prevalent in men's toes but can appear in other parts of the body and affects women too.

Listed below are some **gout relief** remedies that may help to relieve pain and other symptoms linked to this sometimes incapacitating disease. It is not likely they will all work for or apply to you, so it may be worth your time trying these different [gout relief](#) remedies to find the ones that will help alleviate or lessen your symptoms.

- 1) Soaking the affected joint or joints in warm water or the use of heating pads have shown to help break down the crystal formations.
- 2) Past and present studies have shown drinking cherry juice may help alleviate pain caused by uric-acid crystal formation.
- 3) Drinking plenty of water can help lower or eliminate uric acid from the body by way of the urinary track. As a general rule of thumb the average adult should drink at least eight ounces of water eight times a day.
- 4) Cutting back or eliminating alcohol and lowering red meat consumption should reduce the level of digestive purines from which uric acid is formed.
- 5) If you're overweight, slowly losing weight may also help.
- 6) A recent study suggested taking vitamin C supplements may reduce the risk of gout attacks, so this is also worth considering.

Here were just a few [gout relief](#) remedies that will help you lead a healthier and pain free life.

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