

Published based on [Home Remedies for Gout Relief - Treating Your Gout With Epsom Salts](#)

# **Home Remedies for Gout Relief - Treating Your Gout With Epsom Salts**

Why deal with gout when you don't have to? Discover more home remedies for **gout relief** that actually work and can help prevent your symptoms and gout attacks. Read on right now to find out a ton more and you'll quickly realize how easy it is to stop gout for good.

**Gout relief** can be obtained in various ways – and knowing them all is always important if you're suffering from a chronic condition that keeps coming back. Of course, in the end it all boils down to keeping your uric acid levels under control, but you should know what you can do to get some more immediate gout relief and give yourself some moments of peace as well.

As we said above, there are all sorts of ways to approach a gout condition and give yourself some relief from it – probably the best thing to do is to use the old trick of applying warmth and moisture to the area. This is best done with a bag of warm water, though cold water can work as well – just make sure the temperature goes low or high enough to get the desired effect.

There are some more sophisticated ways to provide yourself with **gout relief** as well – for example, Epsom salt. This is mostly used for more serious conditions where the pain is truly unbearable and you need immediate relief, and is most suitable for gout affecting the big toe and the surrounding area when used in a foot bath. You should have some Epsom salt in your house as it's a common household item, commonly used as a laxative and for providing pain relief.

The thing that makes Epsom salts so effective in giving gout relief is the high concentration of magnesium – boosting your organism's magnesium levels is known to work wonders for the heart, as well as for your overall blood circulation and pressure. Magnesium is also highly effective in removing various toxins and harmful substances from the body, uric acid being among them. It's important to remember that Epsom salt isn't a magical cure though, and while it will work quite well for providing you with some immediate relief, you shouldn't count on it for too long.

The reason is that it can affect the balance of some chemicals in your body if you start using it too much, and this will bring you a whole load of other problems besides the original high levels of uric acid you had. If the problem persists even after treating yourself with Epsom salts several times, perhaps it's best to contact a physician and look into alternative forms **gout relief**, as your condition may need to be addressed more directly. Many people do have varying degrees of gout symptoms and flare ups so this is important to keep in mind.

You can also find this article published on [Home Remedies for Gout Relief - Treating Your Gout With Epsom Salts](#), and on the tag pages [gout](#), [gout big toe](#), [gout cures](#), [gout diets](#), [gout relief](#), [gout toe](#), [gout with epsom salts](#), [home remedies for gout](#), [le gout](#), [purine](#), [uric acid](#).