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Natural Gout Medicines: Their Main Advantages

Gout can be treated in several ways, both natural and medical. Natural gout remedies are the first ones to take into consideration, because they're much safer and cheaper than the prescription medicines, and here's why.

First of all, natural remedies can provide **gout relief** without any side effects. There is no risk of an overdose when using them and in fact, most of the natural gout remedies are common foods that you can eat every day. These foods can both prevent gout development and cure it if consumed regularly and in necessary amounts.

The best diet for those who suffer from gout is a low-purine diet. You need to reduce the intake of purine-rich products and increase the intake of low-purine food.

Another natural remedy for gout is exercising. Joints receive the most damage when attacked by gout, so you'll need to provide them some special help. If you exercise and build some extra muscles around your joints, they won't receive as much strain, and this will relieve the pain. Also, some special exercises can provide your joints with lubrication liquid, thus allowing them to move more smoothly.

Natural gout remedies can also include contrast compresses applied on your painful joints and large water intake, which helps to flush out the excesses uric acid from your system.

As you can see, there are quite a variety of natural remedies for gout, and the great majority of them are quite cheap and common, you don't need to do anything special to get them. So, before requesting and purchasing prescription medication, try to stick to the natural ones and see if you're getting any better. If you're able to receive **gout relief** without taking any prescription medications, there might be no need for them at all.

A doctor might recommend that you take medicine regardless of whether or not you actually need it because he might be receiving extra compensation from the pharmaceutical company for selling it to you. However, if you think of it, drugs cannot be taken forever. If you treat your gout naturally and it is successful, then you know that you will never have to rely on prescription medicine. If you know what [diet for gout](#) works for you and what exercises you need to do, you will be free to go anywhere, do anything and spend the saved money on something more enjoyable than medication.

Not only will the natural gout remedies bring you gout relief, but they will also become a customary part of your daily life, unlike drugs. Of course, prescription medicines can prove to be of help as well, but they only should be taken into consideration if natural gout remedies don't help you, or if you need fast relief when you experience severe pain that you simply cannot bear.

Also, keep in mind that prescription drugs can produce some unpleasant side effects, and in case you're already taking some other medicines, they might conflict with each other. Your gout can be relieved for some time, but something worse can start developing instead, so it's advisable to turn to gout medicines only if you have no other options.

Another thing that cannot happen to natural remedies is forgery. There are many forged drugs sold nowadays which will cause you to throw your money down the drain without any relief.

Natural gout remedies are cheaper, easier to get your hands on, and can be incorporated into your every day diet. Plus, they have no side effects. It's highly recommended to try them first, and only turn to drugs if you see no results from natural treatments.

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