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Recommended Gout Cures

Gout is a very common and painful medical condition. It is a type of arthritis that is caused by high levels of uric acid in the blood. Gout can be very painful and may hinder you from doing your daily activities normally. Hence, people are always in search for effective **gout cures**.

There are many ways to cure gout:

Gout Prevention:

- The best way to get gout relief or even prevent its occurrence is by having a diet that is low in purine. Purine is usually found in foods that are high in fat and cholesterol such as red meat and fish, poultry and pork, as well as organ meat (liver, kidney, heart). They are also found in beans and yeasts, and in spinach, mushrooms, peas and asparagus. High-fat dairy products such as ice cream, butter and whole milk may also cause a flare up of gout pain. Hence, you should choose low-fat alternatives, skip the chicken skin and go for lean meat.
- If there are foods that aggravate and cause gout, there too are foods that are natural **gout cures**. One of them is berries: cherries, strawberries, and blue berries. Berries have a natural anti-inflammatory chemical that lessens the symptoms of gout. Moreover, eating foods that are rich in Vitamin C and bromelain (pineapples), chocolate, cocoa and tea are said to be effective in curing gout. These remedies do not have clinical proof yet, but they are safe to try and are thus recommended.
- Keep a healthy weight and diet. Gout is usually associated with heart disease because having a high cholesterol and fatty diet causes gout. Moreover, having excess weight aggravates and puts more pressure to your already inflamed joints.

Prescribed Medication:

- Nonsteroidal anti-inflammatory drugs (NSAID) are usually prescribed by doctors. If NSAID do not work for you, corticosteroids can be given either orally or by injection. Another kind of injected medication is called adrenocorticotrophic hormone, which stimulates the adrenal gland to make more cortisone. Allopurinol is also given to lessen the body's production of uric acid. Using these medications is proven effective; however, like many types of medication, they have negative side effects. For example, long term use of corticosteroids can cause high blood pressure, and damage to the liver.

Alternative Gout Cures:

- [Herbal supplements](#) are common alternatives to cure gout. Much improvement to laying out the foundations of clinical test and effectiveness of these remedies are being done today.
- Aromatherapy, massage therapy and meditation too are ways to lessen the impact and even cope with the pains that come with gout.
- Acupuncture and chiropractic treatments on the other hand are types of therapy that may help ease the pains of gout.

In the end it is well to consult your doctor for the correct prescription for targeting the cause of your gout. However, it wouldn't be bad to try safe alternative cures. To many, combining all the approaches that have been proven to cure gout—a healthy lifestyle, proper medication, and alternative reliefs—provide the best **gout cures**.

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