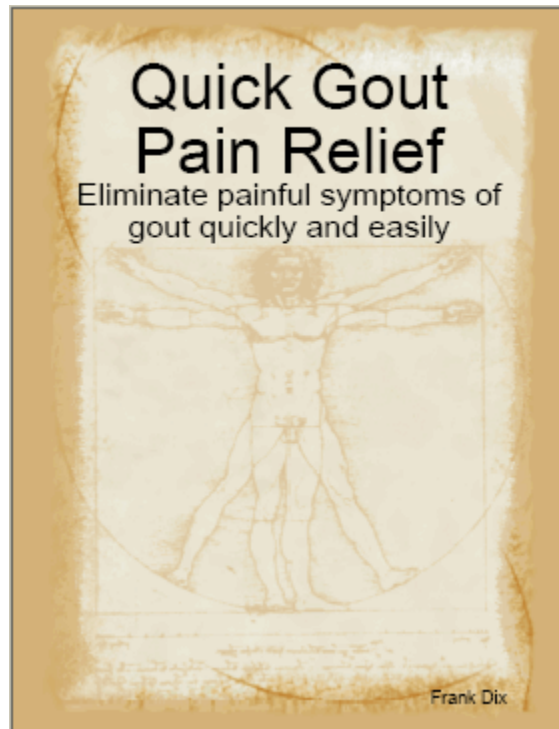


Quick Gout Pain Relief

By Frank Dix



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I sincerely hope you enjoy the information in this book. My wish is that any pain and suffering you have is taken away.

If you have gout pain at this very moment, please skip ahead to chapter 6. If not please start at the beginning. An informed decision is a better decision. The information in this book is an independent report based on individual findings.

Introduction

Early one morning in 1987 I woke up with excruciating pain in my left foot, felt like my big toe was broken. I crawled to the bathroom on hands and knees and every movement was agony. This was only the beginning of years of reoccurring gout attacks, tons of medication, experimenting with diet and never-ending frustration.

I was only 23 years old at the time of my diagnosis – yes only 23. My first gout attack hit me when I was just 23 years old, and the doctors advised me that the disease was most likely hereditary, and passed to me through my family

For over 25 years I looked for a cure only to conclude that there is no cure for gout as some claim. This is a chronic condition, but the good news is that it can be managed and the acute flare-ups can be dealt with quickly and even prevented.

Although not qualified as a doctor, with over 25 years experience and research I have become an expert in Gout. I have tried all sorts of advertised “gout cures”, been injected with poison from red ants, strapped cabbage around my inflamed ankle, taken Barley Green, had Reiki (energy healing) sessions, indulged in berries and pineapples, tried different diets from different experts. I have also filled my body with many harmful medicines such as Allopurinol and Cholchicine.

At first my gout attacks were infrequent and of fairly short duration. As the years went by the attacks became more frequent and more difficult to recover from. I was not happy about giving up certain foods but did so to try and stop the gout attacks, as well as exercising daily and taking Allopurinol. Despite all of this, the attacks continued and began to get worse

By the time I reached 40 the attacks were so close to each other, feeling good and pain-free wasn't normal, it was the exception. Years of gouty arthritis and medication took its toll on my body.

In 2005 I finally found a combination of herbs bought from a local grocer, taken every day put an end to the attack and the pain for the next 3 years. I still continued taking Allopurinol every day. A short time later I was diagnosed as possibly having Drug Induced Hepatitis probably caused by Allopurinol, a drug suspected of causing this pathology. I stopped taking Allopurinol but was a little nervous that the herbs were not going to be enough to keep the gout from coming back.

But they did the job perfectly. Stopping taking the dangerous medication gave my liver a chance to recover and I also started to eat foods that appear on most gout “no lists” without any reaction at all. I don't mind telling how you wonderful it felt to be pain free after so long. For me these herbs were like magic, making the pain disappear. The only

regret I have is suffering for so long needlessly. The good news is that with the information in this book, you won't need to have the same regrets.

I had almost forgotten how terrible gout pain is, until I decided to do the unthinkable – I stopped taking my “magic combination” to experiment for the sake of researching this book. Sure enough, I had a gout attack and without delay doubled up on my herb mixture and managed to recover within two days

I understand that everyone has a different genetic make up and what works for one person such as me may not necessary work for another. Despite this, I truly believe this combination of herbs that helped me and many others will help any gout sufferer.

Chapter 1

What is Gout?

If you were ever unfortunate enough to wake up to intense, throbbing pain in your big toe joint, rendering it so delicate that the weight of the sheet itself was excruciating, then you may be familiar with an acute attack of gouty arthritis. Gout is a common disease that affects thousands of people each year, and its onset is sudden, its severity intense. But what is gout? And what precipitates sudden attacks of pain in the joints that can last for two weeks if left untreated? Gout is intense pain and inflammation in the joints that usually begins in the joint at the base of the big toe. It is caused by uncontrolled uric acid levels in the blood that get so high the uric acid begins to crystallize into tiny sharp needle-like crystals within fluid around the joint and thus causes intense acute irritation of the articulating surfaces of the joint leading to intense pain and inflammation. If you suffer from gout, you should have a good understanding of the disease mechanism before deciding on a treatment.

It is estimated that over 5 million people in the United States live with gout

So, what exactly causes Gout in some people while others are unaffected?

There are a number of risk factors for gout, but you must understand the disease mechanism more thoroughly to understand how these risk factors relate to you. Gout is caused by heightened levels of uric acid in the blood. This can be caused by two main pathways. The first pathway is through consumption of large amounts of purines. Purines are substances found naturally in the body as well as in many of the foods we consume. Foods that are rich sources of purines are some seafood's like herring and anchovies as well as organ meats, asparagus, and mushrooms.

When you consume these foods, the purines that are released into the blood are then broken down in the liver into uric acid. In a healthy body, this uric acid is cleared from the blood quite efficiently and effectively by the kidney.

Some people do not clear it fast enough and this can lead to an acute attack of gout. This brings us to the other main pathway that leads to elevated levels of uric acid in the blood. This pathway involves the kidney's inability to efficiently remove uric acid from the blood. When the kidney cannot clear the uric acid from the blood fast enough, the uric acid levels steadily rise until the point that crystallization occurs and an attack of gout precipitates.

Either of these pathways can lead to an attack of gouty arthritis. Anything that exacerbates one of these pathways can also lead to a particular individual suffering from gout.

Risk Factors

The risk factors for gout are essentially anything that can either raise the levels of uric acid in the blood by increased uric acid production or consumption, or anything that can inhibit the kidney's ability to clear uric acid.

The risk factors include lifestyle factors like drinking. Alcohol dramatically increases the risk of gout, and consuming two drinks a day for men or more than a drink a day for women significantly increases the risk of gout. Some medical conditions also increase the risk of gout, these include high blood pressure, diabetes, high levels of fat or cholesterol in the blood, and narrowing of the arteries. Some prescription and even over the counter medications also increase the risk of a gout attack, these include low doses of aspirin and anti-rejection drugs that are prescribed to patients who have undergone an organ transplantation. A very significant risk factor that can lead to the development of gout is hereditary. If other members of your family have gout, you have the genetic predisposition for gout. Also, a final risk factor that one can only work around is age and sex. Gout tends to affect men more often than women because women have lower uric acid levels on average than men. After menopause, the uric acid levels in women tend to balance out with that of men, and so do incidences of gout.

How is Gout Diagnosed?

Gout is sometimes difficult to diagnose and can be confused with other pathologies, such as a sprain or infection. It is most commonly diagnosed with a physical examination including symptoms, medical history, and family history of gout. A test may be done to measure for Hyperuricemia (high level of uric acid in the blood) and your doctor may extract synovial fluid from the affected joint with a needle and examine it under a microscope.

Treatment Options

Now that you understand a bit of how gout works, you can more efficiently decide on a treatment plan. You may be aware of the many mainstream medications that are available, but are you aware that your body is a natural system? The body typically responds to the many chemicals that are available on the market today with long lists of side effects.

With a disease like gout, you may benefit more from a natural approach because there are many substances that occur naturally that can help lower your uric acid levels and augment your kidney's ability to clear uric acid efficiently. Also, when you turn to natural remedies, you are much less likely to suffer from adverse side effects because most naturally derived remedies are made from edible foods that we could consume on a daily basis as a healthy source of trace minerals. Always remember that although mainstream medications are prescribed commonly by doctors, the pharmaceutical companies that produce drugs are in a business to make money off of their patents. This means that a natural remedy could be more effective than a prescription medication but the natural remedy cannot be patented so it does not receive wide use in the health care

field. Unfortunately, health care has become a huge business transaction and one must keep this in mind when looking for safe alternative medicine.

Chapter 2

Gout And Traditional Pharmaceutical Medicine

How much have you spent recently on gout medication prescribed by your doctor? And how much of it has worked? If your answers were “a lot” and “not much”, you need to read this section.

Traditional pharmaceutical medicine, the ones you get from your pharmacist and doctor, are nowhere near curing gout, or even treating it adequately. In fact, in many cases the pharmaceuticals might not work because you have other issues that those medicines treat poorly: diabetes, kidney stones, and blood pressure problems.

Here's a quick overview of what you can look forward to with some of the pharmaceuticals, and what to watch out for.

Notice that they only work in three ways: in alleviating pain and inflammation, reducing the amount of uric acid in your bloodstream, or reducing the frequency of gout incidence. None of these treatments is in any way a cure; there is no pharmaceutical cure for gout.

Allopurinol:

This drug is used to control gout between outbreaks by keeping your level of purine low. This means, of course, that you need to take it over the long term. Unfortunately, its side effects are sometimes serious, including Stevens-Johnson syndrome (a life-threatening and painful condition involving the mucus membranes) and similar hypersensitivity reactions. You should never use allopurinol just because you have high levels of uric acid; only use it to control gout once it has occurred. However, you should be advised that in the first few months of taking allopurinol, you may have more, not fewer, gout attacks, and it has no effect on inflammation. Many doctors don't recommend it for patients who have gouty arthritis.

Facts about Allopurinol:

Someone else close to me has suffered with gout for four years. Most gout patients are men over the age of 30. My friend has been taking Allopurinol since his initial diagnosis. After following his doctor's orders and not experiencing any relief in his symptoms, he did seek a second opinion. He was given conflicting advice concerning the drug Allopurinol by two different medical professionals.

What is Allopurinol?

Allopurinol is a medication prescribed for chronic gout attacks. Allopurinol is supposed to stop the development of uric acid- a metabolic by-product of protein present in the blood and normally eliminated through urination. Allopurinol is also prescribed for cancer patients and those suffering with kidney stones. Allopurinol works as an inhibitor, preventing the body's release of xanthine oxidase, which helps form uric acid.

How does Allopurinol work?

Allopurinol helps prevent future gout attacks by blocking the excessive buildup of uric acid. My friend had reoccurrence of gout flare ups on average twice a month. His pain has been so severe that it has sent him to the emergency room on numerous occasions. His physician directed him to continue taking the Allopurinol during gout attacks. A second specialist he went to told him NOT to take Allopurinol during gout flare ups. Hypoxanthine occurs naturally as a purine in the body and discourages enzymes from over producing uric acid. Allopurinol is the same chemical formula as hypoxanthine but different arranged atoms. Allopurinol is like a booster shot for what our body usually does on its own, but needs to work overtime for getting rid of the excess uric acid.

Why is Allopurinol used?

Gout usually affects the joints, most often the big toe, knees, or wrist. The pain of gout can be described as shards of glass piercing your flesh. The Allopurinol treatment's aim is to target the high levels of uric acid trapped in major joints of the body. Allopurinol is prescribed for people suffering with over production of uric acid, frequent gout attacks, clumps of gritty uric acid crystals, and history of uric acid kidney stones.

History of Allopurinol

Allopurinol has been widely used in the United States since 1964. Historically this medication was used to treat seizures, infections, ulcers, prevention for kidney transplant recipients rejecting donor kidney, and to improve survival chances after bypass surgery. Gout was one of the world's earliest recorded medical conditions. Even with past kings, presidents, and men of science suffering this awful malady, we are still using outdated, ineffective, and potentially harmful remedies.

Side Effects of Allopurinol

Allopurinol can cause upset stomach, drowsiness, diarrhea, indigestion, nausea, vomiting, painful urination, bloody stool or urine, eye irritation, lip and mouth swelling, skin rashes, fever, sore throat, and chills. My friend has suffered most of the above.

Thankfully, for him, not at the same time. Other possible life threatening side effects of Allopurinol are inflammation of the liver, failure of bone marrow to produce blood cells, and inflammation of blood vessels. It is very important to remember- Allopurinol interferes with other medicines- increasing toxicity and reducing effectiveness.

The only way my friend made it to the hospital on his last visit was on crutches. Gout affects more than five million Americans. I cannot stress enough how imperative it is to get your gout attack symptoms under control. This painful disease can cause permanent damage to the affected joints and kidneys.

Colchicines: has an anti-inflammatory effect, much like corticosteroids and NSAIDs. These drugs are not kind to your digestive tract, causing cramps, diarrhea, and vomiting. Used over time, colchicines have much more severe side effects like anemia and low white blood cell counts, hypertension, hair loss, and a variety of disorders related to anemia up to and including death. Intravenous colchicines are definitely to be avoided, as they can lead to an immediate bad reaction. Be aware: these drugs are a crocus or

saffron extract, and natural medications containing colchicines may cause the same side effects.

Corticosteroids or adrenocorticotrophic hormone (ACTH): Corticosteroids, either injections or oral corticosteroids, are used to treat the inflammation around a gouty joint. They have limited use, and their side effects, from weight gain to mood swings, are worthy of a good second look before accepting them as a gout treatment. Corticosteroids also cause your body's immune system to work less well; wounds heal more slowly and your resistance to disease is lowered. They can also lead to thinning of bones if used over long periods of time.

Non-steroidal anti-inflammatory drugs (NSAIDs): these drugs, from aspirin to Motrin, are used to treat inflammation and pain, but do not attack the root cause of gout. While they can provide some relief for very mild cases of gout, they are not in any way going to cure you. Additionally, if you take too much of them, they can cause stomach irritation. NSAIDs sometimes interact badly with blood medications, especially blood thinners, and should be avoided if you're taking this kind of prescription medication.

Probenicid causes you to excrete more uric acid, provided you do not have impaired kidneys. Unfortunately, they are also prone to causing kidney stones, and you can't take it if you are also taking diuretics or aspirin.

Sulfinpyrazone also reduces the amount of uric acid in your blood, but at the cost of making you feel sick: diarrhea, nausea, and vomiting are common, and it may also increase the effects of blood thinners. For this reason, you should never take sulfinpyrazone with aspirin or other NSAIDs.

When you're looking for the magic bullet to treat your gout, you need to remember one thing above all: that ultimately your gout treatment is up to you, not your doctor. He can only recommend. You have the responsibility and the right to examine his prescribed treatment, question everything, and only take what you want.

Chapter 3

Drug Induced Hepatitis

There are many causes of drug induced Hepatitis. There are many symptoms you might experience and should seek the advice of a physician for proper diagnosis if you think you might have it. There is specific treatment for drug induced hepatitis and there are ways that you can prevent it also.

Drug induced hepatitis happens when the liver is inflamed due to taking certain medications. Your liver can become damaged or stop working the way that it should be causing jaundice or yellowing of the skin and other problems.

There are many toxins responsible for inhaling that can cause this also. These toxins include carbon tetrachloride that includes chloroform, trichloroethylene, and chlorinated hydrocarbons. Other toxins include vinyl chloride, white phosphorus, and poisonous mushrooms.

There are also many drugs and medicines that are known to cause drug induced hepatitis. These medications include, but are not limited too, acetaminophen, allopurinol, amitriptyline, azathioprine, chlorpromazine, erythromycin, hormonal contraceptives, nifedipine, nitrofurantoin, phenytoin, and certain herbs and nutritional supplements.

The function of the liver is supposed to break down certain drugs. Each liver functions differently for everyone and processes drugs differently. This is why certain drugs cause drug induced hepatitis for some people and certain drugs do not. The most common drugs that are known to cause drug induced hepatitis include painkillers and fever reducers which contain acetaminophen. These types of drugs can cause liver damage and the doses don't have to be much greater than the recommended dosage.

There are many symptoms you might experience if you have drug induced hepatitis. You might show mild, moderate or severe symptoms. Some people might not experience any symptoms at all. In a mild case of drug induced hepatitis someone might experience mild fatigue. In a severe case someone might experience serious symptoms. Many of the symptoms of drug induced hepatitis include jaundice or yellowing of the skin. This is the most common symptom because it is what happens when the liver stops working properly.

Other symptoms include muscle aches, headaches, joint pain, fever, nausea and vomiting, and diarrhea. You also might notice that your appetite has diminished. Your stomach might hurt severely.

Other symptoms include dark colored urine and pale bowel movements. If you are experiencing dizziness, drowsiness, or circulation problems then these could be symptoms of drug induced hepatitis.

When you are diagnosed with drug induced hepatitis a doctor will ask you about your medical history and get as much information about the different types of drugs your body has used. You will need to tell your doctor about previous alcohol consumption and your history also. The doctor will need to know about your family history and any exposure you might have had to any toxins that you might have breathed in. You should tell your doctor about any past surgeries you have had. If you have traveled out of the country to developed countries or any other country then you should let your doctor know this information also. Another factor the doctor will need to know is your sexual history.

The doctor may try a method to palpate your liver area. This will allow him or her to look for signs or swelling of your liver. If you are experiencing tenderness in the area of your liver then it will be a good sign for your doctor. If you are showing signs and symptoms of hepatitis then the doctor may require a blood draw to run a few laboratory tests. He may even want to run a liver biopsy to verify what is going on with your liver.

If the doctor does confirm that you do have drug induced hepatitis then they will need to flush the harmful toxins out of your body. Many of the ways a doctor may try to do this include inducing vomiting, flushing out your stomach, and even hyperventilation. You may also be put on a drug called corticosteroid that will help your body rid of the toxins and repair your liver.

There are ways that you can prevent drug-induced hepatitis, which include adjusting doses of medications. If you are an alcoholic then you should not exceed two grams per day of acetaminophen. You should also never use cross-reacting drugs from the same class like anticonvulsants, tricyclics, phenothiazines, halogenated, and erythromycins. If you discontinue the drugs early and have early symptoms then treatment can be a positive and supportive. N-acetylcysteine is an antidote for acetaminophen and if used within the first 10 hours then significant damage to your liver can be avoided.

When people suffer severe cases of drug induced hepatitis they may have to go as far as receiving a liver transplant as the only method of treatment. these are the worst possible scenarios for people who have had bad reactions to drugs. Some patients may fall into a coma because their hepatitis is so bad and the only cure is a liver transplant. If a patient does not receive a liver transplant then they are most certain of dying.

There are not many severe cases of people with drug induced hepatitis from complications with drugs but liver failure is possible. In most cases, the hepatitis will go away after a few days or a couple of weeks once the drugs have been stopped. If you recognize the signs right away and stop taking the medication then your liver should be back to normal in a few days.

If you are taking any drugs or medications and you feel like you are experiencing any signs or symptoms of drug induced hepatitis then you should contact your physician right away. It would be wise of you to stop taking whichever medication it is that you are taking. This is because there are over 800 medications that have been known to cause

drug induced hepatitis. This is because every person's liver processes medication differently. Any drug can cause it because every body is different.

Drug induced hepatitis occurs when the body's liver reacts the wrong way toward a certain medication. It is never guaranteed that a body will accept a certain medication. If you begin to experience any of the symptoms of hepatitis then you should stop taking the medication immediately and consult your doctor

Chapter 4

Are Natural Medicines Right For Your Gout?

Gout can be miserable, and when you're struggling to find something – anything – that works to eliminate the pain and restore your mobility, you will probably be tempted to give a natural cure a try. But is a natural cure a good alternative, or even a good addition, to your prescribed treatment of diet, pain relief interventions, and medication?

The people selling natural cures sure do think so. You'll see advertisements telling you that your doctor is “not informed” about the latest gout cures, that he has been sold on prescription medications by the pharmaceutical companies, and that he just doesn't understand how to treat your gout in conjunction with your other problems.

It sounds really good, to someone whose gout has not been alleviated by prescription medicines. But just how much sense does it really make when you think about it? Do the advertisements give you the credentials of the person selling you these drugs? Do they talk about side effects, and know how they will interact with your medications? Or do they simply tell you to throw out your prescription meds, that they are no longer necessary once you start taking THEIR CURE.

If you won't believe your doctor when he says that his treatment is the best for you, why would you believe some anonymous website?

Some Natural Medicines Used To Treat Gout, And Their Side Effects

Remember, natural medicines that are basically herbal extracts are not regulated by the FDA, and they don't have to prove their efficacy. That said, you have probably noticed a few things these medicines have in common if you've been shopping around for a gout cure: they're all quite expensive, and they all claim to have no side effects. Really?

You should also note that herbs, unlike pharmaceutical drugs, do not have a controlled amount of the substance that helps you; instead, the whole herb or some extract is used. In some cases, the amount of the herb used is such that even if the helpful substance really does help, there's not enough in the dosage you're given to have an impact on your gout.

Milk Thistle (also called silymarin), for liver production and stimulation of new liver cell growth. This herb interacts negatively with antipsychotics, phenytoin, and halothane, and may enhance the effects of aspirin if you have liver damage, which could cause you to overdose on aspirin. It may be used in certain chemotherapies and have an effect on insulin levels of type II diabetics. Should you have Hepatitis, Cirrhosis or other Inflammatory Liver Conditions then you might want to consider taking Milk Thistle. There is a section ahead with more information on this herb.

Aged Garlic (or sativum), for detoxification. No significant side effects, unless you count bad breath. But why pay for it when you can just add it to your diet? Aged garlic does have a higher sulfur content, which makes it great for your health.

Yucca Stalk (saponins), for metabolizing purines. Yucca has been used by Native Americans for centuries to treat gout, but it can cause diarrhea. If used for a long time, it may prevent proper absorption of the fat soluble vitamins A, D, E. and K. There are no known drug interactions.

Artichoke Powder, for bile production. No known side effects, but you could also just add artichokes to your salad for the same benefits.

Turmeric, for anti-inflammatory properties and liver protection. This is used to flavor lots of Indian food and is also being used to help cancer patients tolerate chemotherapy. Interestingly, some medical literature indicates it may cause gallstones.

There are others, but the lesson here is that the traditional cure sellers are not going to tell you all the interactions and side effects of their drugs. Disturbingly, though, they may tell you not to use your prescription drugs any more, but rather to switch to their “cure”. Instead, do your own research, talk to your doctor, read books on natural medicines such as herbs, explore more than one opinion, and consider focusing on adding some of these ingredients to your diet instead of paying a fortune for extract compounds. For any medication pharmaceutical or natural before putting it in your body, you need to know the side effects and be able to make an informed decision.

Chapter 5

Dietary Treatments for Gout: The Best Traditional Cure

One treatment you may look at to reduce gout involves using specific foods that are low in purines and help to reduce uric acid in your bloodstream.

Some things that have been shown to reduce uric acid and/or reduce the risk of gout include bing cherries (one study showed they reduced uric acid), celery, cheese (dairy products reduce the risk of gout), and lots of water (but not gallons, as some people suggest! Too much water can be harmful). Dehydration reduces kidney function and can lead to uric acid build-up. Slightly alkaline natural spring water may help reduce the acidity in your body. Though some natural practitioners and even doctors have recommended carbonated soft drinks as a low-purine food, several studies have shown that at least two sugary carbonated beverages a day actually increase the risk of gout, so avoid these.

You should avoid the usual suspects: high protein intake, offal (organ) meats, sardines and other seafoods, asparagus, cauliflower, mushroom, spinach, dry beans (because of the high protein) and especially alcohol.

Purines (specific chemical compounds found in some foods) are likely to be broken down into uric acid. A diet rich in purines from certain sources can raise uric acid levels in the body, which sometimes leads to gout. Meat and seafood may increase your risk of gout, while dairy products may lower your risk. Changing your diet may lower your risk of having future attacks of gout. Certain foods will be very high in purines and need to be avoided while foods such as dairy products may lower the risk of gout.

Foods recommended for gout sufferers by different experts, doctors and nutritionists lack consistency. For example one might say eat only white and balsamic rice while another could recommend brown rice.

One thing they certainly all agree on is the importance of having and maintaining a healthy body weight. If you are overweight it is recommended that you lose weight through a healthy program. Reduce any extra weight slowly as crash dieting can result in increased uric acid levels in the blood. A healthy diet can help you feel better, provide you with more energy, and help you fight stress. Keep an eye on the purine content of foods – the more high-purine foods eaten, the more uric acid the liver excretes into the system. Keep fat content low, especially saturated fat and cholesterol.

Limit or avoid alcohol. Drinking excessive amounts of alcohol, especially beer, can inhibit the elimination of uric acid and cause dehydration, which in turn may lead to gout. Drinking plenty of fluids helps to dilute uric acid in the blood and urine. Vitamin C might be beneficial in the prevention and management of gout and other urate-related diseases.

Here s a list of foods to limit and eat occasionally. Some of these are debatable as to which list they should go under depending on whose research you are reviewing but it should give you a fairly good idea.

Foods to limit (very high in purines):

- Organ meats, such as liver, kidneys, sweetbreads, and brains
- Meats, including bacon, beef, pork, and lamb
- Game meats
- Any other meats in large amounts
- Gravy
- Anchovies, sardines, herring, mackerel, and scallops
- Legumes, such as dried beans and dried peas
- Beer

Foods to eat occasionally (moderately high in purines, but may not raise your risk of gout):

- Fish and seafood (other than high purine seafood)
- Asparagus, cauliflower, spinach, mushrooms, and green peas
- Oatmeal, wheat bran, and wheat germ

Foods that are safe to eat (low in purines):

- Fruits and fruit juices
- Green vegetables and tomatoes
- Breads and cereals that are not whole-grain
- Butter, buttermilk, cheese, and eggs
- Chocolate and cocoa
- Coffee, tea, and carbonated beverages
- Peanut butter and nuts

Chapter 6

This is the “magic combination” that has worked for me and many others

Lets look at what I refer to as my magic combination. First of all it's not real magic and second it does not belong to me. After years of pain, experimenting with different diets, taking medications, reading books and doing research, I still find it hard to believe that the answer for managing my gout and preventing flare-ups was so simple.

I no longer take any medication and I don't stick to a diet. I simply compliment my day with two amazing herbs, Celery Seed and Devil's Claw. I do not even take the recommended dosage. I only take 1 capsule of Celery Seed (505 mg) and one capsule of Devil's Claw (525 mg) once a day after food. If I ever feel a “niggle” then I double up for the day. Many sufferers during an attack take two capsules of each herb per day. This provided them with relief much quicker than the prescribed medicines and without the harmful side effects.

Celery Seed

Celery seed is not only planted to grow the celery that we eat in salads and soups, but is a useful medicinal herb. These small seeds are produced on the celery plant after it flowers. Celery seed has a long history as a medicinal remedy in many parts of the world. Celery seeds are harvested in the plant's second year. Celery seeds and stalks are full of many compounds, including vitamins A, C, E and K, minerals magnesium, iron, phosphorus, calcium and manganese, amino acids, a sedative called phthalide and essential oils. Celery seed has been found to be beneficial for ailments like gout, arthritis and indigestion.

History

Celery was used in ancient Egypt as food. Celery leaves were actually found in the tomb of King Tutankhamen made into garlands. In ancient Rome and Greece, celery was used both for food and medicine. Some even considered it an aphrodisiac.

In 30 AD, the Roman Aulus Cornelius Celsus discovered that celery seed could relieve pain and inflammation. Celery seed was also used in ceremonies and rituals dealing with death and the underworld. In Europe, the herbalist Nicholas Culpeper wrote in 1653 that celery seed could "sweeten and purify the blood." Taken to the New World as a food, the Shakers were using celery seed medicinally by the 1800s.

Ailments Helped by Celery Seed

- Promotes the flow of urine due to diuretic properties that help flush excess fluids and toxins
- Breaks down and increases excretions of uric acid, which relieves gout pain
- Relieves bladder problems like cystitis and urinary tract infections

- Relieves kidney disorders like stones and gravel
- Promotes cardiac health
- Eases joint pain associated with degeneration due to aging and inflammation
- Anti-inflammatory qualities help rheumatoid arthritis, osteoarthritis, gout, and neuralgia
- Calms the digestive system
- Increases the appetite
- Relieves gas and indigestion
- May relieve arthritis pain
- Essential oil can reduce muscle spasms and inflammation
- Oil may also calm the nerves

How Celery Seed Relieves Gout

Celery seed is often used for gout because of its abilities as a diuretic. It not only helps with fluid retention, but flushes out the needle-like uric acid crystals, which are the main cause of pain in gout. Celery seed has antiseptic compounds that help ease inflammation of the urinary tract that may also cause discomfort. This herb also aids the general overall health of this body system. Celery seed extract can be used as an alternative to Allopurinol, a pharmaceutical medication that performs the same task of ridding the body of uric acid. A dose of two to four tablets of celery seed extract every day may be sufficient to prevent attacks of gout and help you avoid the side effects of allopurinol.

Other Uses for Celery Seed

Celery seed's oil is used in the perfume and pharmaceutical industries. They are also used as a culinary seasoning or mixed with sea salt to make celery salt.

Precautions

Pregnant women should not take celery seed remedies. In general, dosages should not be large. Celery seed use may cause photosensitivity, so be cautious when you are in the sun. If you have kidney problems, use only under a doctor's direction. When using celery seed, be sure to eat foods high in potassium since it is a strong diuretic and can deplete your body's supply. If you take blood thinners like warfarin or Plavix, or diuretics like HCTZ, do not take celery seed unless specified by your doctor.

Side effects may include minor diarrhea or stomach upset. If you experience this, stop taking celery seed.

Dosage

A dose of 1 capsule (500mg) has proven sufficient for me.

Celery seed is available as capsules, tablets, extract, essential oil and either fresh or dried. You can use any of these forms. Follow the directions on the labels of commercial preparations.

If taking celery seed capsules or tablets, you can take two capsules twice a day with water. Be sure to take them at mealtime.

Extract can be taken three times a day in doses of ¼ to ½ teaspoon. Take this at mealtime with water or juice.

Whole seeds can be made into a tea by putting one teaspoon of crushed seeds in a cup of boiling water. Steep for ten to twenty minutes. Strain and drink. This tea can be taken up to three times per day.

Devils Claw

When you are looking to deal with the symptoms and pains that are associated with the condition of gout, you'll see that the herb known as Devil's Claw is often recommended as a one of the most effective remedies out there for this condition. Devil's Claw is also known as wood spider and grapple plant, and it is native to South Africa, where it has been used as medicinal herb for thousands of years. Though the whole plant has been used for various purposes, it is the tuberous roots that are used to regulate stomach problems, reduce fever and to take care of some of the symptoms of arthritis.

Devil's Claw will serve to add many necessary nutrients to your body. This herb will include minerals like calcium, iron, magnesium and manganese, as well as selenium, sodium, and silicon. Not only will it also bring in protein, but will also add the vital vitamins A and C into your diet. In addition to this, Devil's Claw is known to be an excellent cleanser; it can remove impurities and toxins from your body in a way that will leave you feeling a great deal more healthy over all, something that gout sufferers can find very helpful in the long run.

Despite the nutritional good that Devil's Claw is justifiably known for, its real utility will come from the chemicals known as iridoids. Iridoids have powerful anti-inflammatory properties, and if you suffer from gout, you can see why this herb is so often used to for that condition. Not only will the use of Devil's Claw bring down the joint inflammation that is such an intrinsic part of gout, but it will also act a as a powerful pain reliever.

One of the things that makes Devil's Claw such a natural remedy for gout is the fact that the improper digestion of protein plays an active role in how bad gout can get and how often it will flare up. When you take this factor into mind, the use of Devil's Claw as a digestive stimulant is something that can be very helpful. These two properties of this herb have lead to it becoming very popular in the treatment of this health problem and many people have found that it can make an enormous difference in their condition.

Devil's Claw is used in a variety of different ways. If you purchase it commercially, you should always heed the instructions on the package, or the ones that have been given to you by your primary caregiver. Typically, though, you will find that you will find that Devil's Claw can be found in standardized tinctures, extracts and in a solid form; these are ideal because they will give you an exact idea of what kind of dose you are ingesting. If you choose to use a liquid version of this herb, make sure that you use a dropper or a measuring spoon to figure out how much you should be getting. You'll find that you can also make a tea from some mixtures.

You'll also see that Devil's Claw is often made into a lotion or cream that can be applied to inflamed areas. Keep in mind that for the most part, Devil's Claw should not be used in more than one format for fear of risking an overdose.

If you do want to take this herb in more than one format, you should first consult with a physician or other professional to see what the risks and standard procedures should be.

The fact remains that Devil's Claw can be quite potent, and you'll find that there are a few things that you should consider before you take it. Unless you have spoken to a doctor first, avoid this herb if you have diabetes, high or low blood pressure, recurrent or chronic stomach issues or ulcers. You should also be careful if you are taking medications that are meant to prevent these issues. It is important to keep in mind that you should purchase your Devil's Claw from a reputable source to make sure that they have not been contaminated. It is also wise to avoid Devil's Claw if you are pregnant or looking to become pregnant or breast feeding. There is no health information currently available about this herb on childbirth or infants.

If you are looking relieve gout and the symptoms that are associated with it, take a look and see what Devil's Claw can do for you!

Dosage

A daily dose of 1 capsule (500 mg) is sufficient for me,
Dose is 1 to 2 g three times a day of dried powdered root, 4 to 5 ml per day of tincture, or 400 mg three times per day of dry solid extract during attacks.

Chapter 7

Additional information

Here I have included some information on my Favorite oil, which is great for inflammation caused by gout.

Arnica

Benefits of Arnica

Arnica is an herb that has been used in almost all branches of medicine. Homeopathic, allopathic, herbal, you name it and you find Arnica in these disciplines. Arnica has been a part of the medical history of Europe and America for centuries. In Europe it has been used to soothe and cure aches and pains. The American red Indians have used Arnica and its tincture to soothe aches and bruises and treat wounds. The Germans have been using Arnica as a base ingredient to prepare healing creams and ointments. In homeopathy, Arnica is one of the chief medicines used. Arnica plant is a perineal plant, which has flower similar to daisies.

Researches have indicated that the arnica herb has helenalin and dihydrohelenalin which are analgesic and anti-inflammatory substances.

Arnica seems to be a naturally occurring paradox. It's safe to use Arnica externally on wounds or as an ointment. However, if ingested internally, it is no better than poison. Arnica is shown to adversely affect the heart and the circulatory system. Many a times helenalin is known to cause an allergic reaction on the skin. If this happens, it is important to discontinue the medicine at once.

The major benefits of Arnica as follows:

- Arnica is used as an ointment for a variety of problems such as bruises, aches, wounds, rheumatism, insect bite inflammation and fracture swelling
- Arnica is also used in homeopathy to ease soreness in muscles, wounds and conditions like trauma and extreme exertion. The homeopathic preparations have very little plant molecules in them and hence are completely safe if taken under doctor's prescriptions. In allopathy Arnica is primarily used as an ointment and externally. Let's look into homeopathy and find the detailed benefits of Arnica:
 - Distress: Arnica is the ideal medicine for trauma and shock. During shock the blood flow to the brain is reduced which can cause a lot of problems. Hence, whether it is the shock of a small child falling from a swing or an adult involved in a major accident, Arnica can help them to overcome the distress.
 - Contusions and knocks: Multicolored bruises and swellings are characteristics of a fall or injury. Administration of Arnica after a fall or a bruise can prevent these multicolored bruises and swellings
 - Concussions: Head injuries and concussions require special attention. However, if Arnica is administered along with the normal medicines then the concussion gets better quickly and does not cause much pain.

Arnica can also be used for accelerating the recovery after child birth, muscle fatigue, jet lag and surgery. Hence Arnica is a nature's cure for physical and other ailments. The advantage of homeopathic medicines such as Arnica is that there are no side effects and the healing is 100 percent. These natural medicines do not just heal the symptom, but they also heal the problem from the core. Arnica can be used in its ointment form to heal external injuries and in its homeopathic form to heal problems from within.

Another favorite of mine is Epsom salts, just add ½ cup to your bathwater, great for relaxing sore aching muscles and joints.

Epsom Salts

Epsom salt can be extremely beneficial for you in several ways. First of all, the composition of the salts can do many things for you. Epsom salt is made up of Magnesium and Sulfates. The magnesium can help you to ease stress and improve your sleeping cycles and your concentration. It can also help your muscles and your nerves function properly.

It is the two main components of Epsom Salt that cause it to be great for many different ailments. The Magnesium is an electrolyte, which helps to make sure that your muscles, nerves, and enzymes function properly. It is also found to be critical to the way that calcium is used in your cells. Magnesium in Epsom Salt aids in preventing heart disease, strokes, and high blood pressure. Although you can get magnesium from the foods that you eat, absorption is the best way for your body to actually take it in, which means that the magnesium that you get from soaking in Epsom Salt can actually be more beneficial to you than the kind that comes in the foods that you eat.

Magnesium can help you regulate the activity of 325+ enzymes found in your body. It can also help prevent the hardening of your arteries, and prevent blood clots. It makes insulin more effective, which will help your body function overall with the right sugars, and it also reduces inflammation, which relieves pain and muscle cramps. Lastly, magnesium will improve the way that your body uses oxygen.

The Sulfates found in Epsom Salt help you to flush toxins, improve the way that your body absorbs nutrients, and help with joint proteins as well as brain development. They also help prevent or ease migraine headaches.

Sulfates are also highly beneficial. They are needed for the formation of brain tissue, and again they are better found in the absorption that comes from Epsom Salt. Not only that, but Sulfates in general will help you to detoxify your body, which is something that will benefit everyone, no matter what type of health you are currently in.

There are several ways for you to use Epsom salt. If you use 2 cups of it per gallon of water in compress, you can use this for sore muscles, bug bites, and removing splinters. For a soaking bath, you can add two cups of Epsom Salt to a bath, in warm water in a

standard sized bath tub. For a bigger bath, double the Epsom Salt. This is great for fading bruises and easing pain.

You can also use Epsom Salt in a food bath. Add one cup to a tub of warm water and relax your feet in it. This usually helps with aching feet.

Lastly, you can use Epsom Salt as a laxative. Consult the package for the correct manner in which to do so.

Cayenne Pepper, Who Would Have Thought?

History

Cayenne pepper is now grown in many parts of the world, but it was first used in Latin America. It is a common enough seasoning spice, but who would have thought that cayenne pepper contains the most remarkable healing properties?

For Millennia Cayenne pepper has been known to contain remarkable healing properties, it has been used to treat stomach pain, bloating, cramps, in fact any gastrointestinal problems as well as circulatory problems. Cayenne pepper is part of the chili pepper family and has a seven century long history in Central and South America. It is well know that these countries enjoy hot, spicy foods and they understood well the healing properties contained in these small chilies.

Christopher Columbus first introduced Cayenne Pepper to Europe, after having discovered it in the Caribbean Islands. He took it back to Europe where it was used as a substitute for black pepper, which had to be imported from Asia and was very expensive. Ferdinand Magellan took Cayenne peppers to Africa and Asia and both of these countries incorporated them to their pharmacopeias as well as their cuisine. Cayenne pepper is grown on all the earth's continents today, however the largest commercial supplies hail from Nigeria, Turkey, Spain, Mexico and China.

Healing Properties

Cayenne peppers have been long known to contain healing properties that are particularly good for the gastrointestinal tract. Pain gas and cramps are soothed and the ingestion of Cayenne pepper stimulates circulation. Cayenne may also be used externally to easy the pain that is associated with arthritis and rheumatism.

Capsaicin is one of the active components of Cayenne peppers and this can be used to treat fibromyalgia when made into a lotion that is massaged into muscles and joints that ache. Capsaicin is very strong and it is this ingredient that makes it effective for treating pain, itching and discomfort. It has been proven that Capsaicin increases the ability of the body to release neurotransmitters, these reduce pain and Cayenne is also a very good antioxidant.

Cayenne pepper has also been shown in studies to be effective for migraine pain. For this purpose the Cayenne is manufactured into a preparation that is applied inside the nostrils.

Cayenne contains salicylates, natural aspirin like substances; it warms the body by dilating small capillaries and increases circulation. Cayenne may be used for first aid purposes to reduce pain and block nerve endings and is even able to stem the bleeding of an open wound.

Weight Control

Many of the elements of Cayenne pepper have been shown to stimulate the production of heat in the body. In this way the metabolism is speeded up and it stimulates the production of epinephrine and norepinephrine, these both suppress appetite when combined. Health professionals have recommended that the diet be supplemented with approximately 28 grams of Cayenne daily to decrease the amount of calories that are turned into fat and suppress hunger.

Blood Sugar levels

Cayenne pepper brings blood sugar levels down naturally, for a diabetic, 3 capsules of capsaicin will bring down high blood sugar level. If you are hypoglycemic, you should probably avoid Cayenne pepper.

Blood Clots

It has been reported by the New England Journal of Medicine, that residents of Thailand suffer from virtually no blood clot problems. It is thought that this is because of their frequent consumption of Cayenne pepper. To keep you blood thin and flowing well, two capsules of Cayenne pepper daily should do the trick.

Arthritis

When Cayenne pepper is consumed regularly it blocks the supply of nerve growth factor (NGF), NGF stimulates a hormone known as substance P and this transmits pain signals throughout the body to the brain. When NGF is blocked, at first this causes a huge release of substance P and this at first increases arthritic pain, later this diminishes substantially.

In those suffering from arthritis, the first noticeable result is the feeling of no pain. Cayenne also boosts the production of endorphins, these are natural painkillers produced by the body.

Recommended dosage for arthritic pain is 2 capsules three to four times a day with milk. Pain will increase initially, but with consistent use it will diminish and eventually leave the body virtually pain free.

Side Effects

Cayenne may be used quite safely and aside from a burning sensation when it is first used there are very little side effect. Ensure however that you never touch your eyes after handling it and ingesting it for a long time may lead to ulcers.

Here is some information on a herb that I use for my liver.

Milk Thistle

Native to the lands of the Mediterranean, you can also find milk thistle growing throughout the world. Usually found in sunny and dry places, you can spot it by it's long stem that can reach anywhere from 4 to 10 feet with wide leaves that are marked by white blotchy veins. Milk thistle is sought after for it's medicinal purposes and is referred to as silyburn marianum, which is the scientific name of the plant.

There is a chemical substance within milk thistle that is called silymarin which is the substance that many believe is what helps protect liver cells. It does so in three ways:

- It has antioxidant properties that protect our cells from damage that is caused through oxidation.
- Silymarin also has anti-inflammatory effects. This keeps liver cells from swelling up when they are injured.
- It encourages liver cell growth. This changes the outside layer of the liver cells to stop certain toxins from getting to the liver cells.

The most recent research proves what ancient doctors have been practicing for years. That is that milk thistle will help protect your liver. As a matter of fact it has been shown to help relive symptoms of the following conditions:

- Hepatitis
- Cirrhosis
- Other Inflammatory Liver Conditions

Milk thistle has also been shown can protect and heal the liver from the damage that is done by

- Toxic Plants
- Diseases
- Drugs
- Alcohol
- Chemicals

Scientist are also looking at the impact that milk thistle has on high cholesterol, skin cancer and allergies. It has been shown that milk thistle has incredible antioxidant value. Scientist believe that it this antioxidant power that is responsible for the healing and the protective properties of the herb.

You can also find milk thistle being injected as an antidote for people you have eaten poisonous mushrooms. Scientist are also looking at how this extract can be used to help decrease the damage that is done to the liver when a person undergoes chemotherapy. Many believe that this herb can also be used to help the body get rid of toxins more quickly.

Milk thistle can be found for use in a number of different preparations. You can find milk thistle tinctures, soft gels, capsules and tablets. If you are planning to use this herb to treat a liver problem you will want to take 400 to 600 mg everyday broken up into three equal doses through out your day. If you are planning on using milk thistle please consult your doctor. As with any herbal remedy it is advisable that you talk with your doctor to make sure that it will not interfere with any other medications you could be taking.

While there aren't any side effects when milk thistle is taken in it's recommended dosages, you should be aware of the fact that as the body gets rid of the toxins, the toxins do not leave the body "with out a fight." You may experience some bloating, a feeling of fullness or pain, changes in bowel habits, diarrhea, skin reactions, headache, rhinoconjunctivitis and in very rare cases anaphylaxis.

Milk thistle can be found in most health food stores and in many grocery stores that sell vitamins and herbal supplements. Make sure to read the label so that you know the supplement that you are taking is in fact milk thistle and not something that is combined with other products or chemicals.

Chapter 8

Complementary Therapies That Could Help Gout

Complementary therapies are largely free from side effects and most of them are enjoyable with many benefits. People who use complementary therapies report positive benefits. Different therapies affect some people more than others.

Aromatherapy

There are many different treatments that you might try for easing gouty arthritis, curing common problems, or simply just for feeling better. One of them is Aromatherapy. Aromatherapy is a treatment, which uses scents. There are many different scents that are used in Aromatherapy, and each scent has a different benefit for the user.

The scents that are used in Aromatherapy are either added to a bath or massage, or are inhaled directly or diffused. Often the method of applying the scents has a lot to do with what the Aromatherapy is going to be used for. For instance, it would be used in massage to cure arthritis, and used inhaled in order to clear up a head cold.

Aromatherapy is used for many reasons. It can be beneficial for caring for your skin, for relieving pain of any sort, getting rid of tension and fatigue, and also to invigorate your entire body. Also, when you inhale scents with Aromatherapy, the scents do marvelous work on the brain and on your nervous system.

It is important that the scents used in Aromatherapy are all natural. There are scents that are derived from plants, flowers, trees, and other things found in nature. It is vital to remember that scents that are artificial don't work, and are therefore not considered to be Aromatherapy.

All in all, Aromatherapy is one of the fastest growing fields in alternative medicine. Many people use Aromatherapy at home, at various clinics, and in hospitals. This is because it is a natural cure, and natural cures are becoming more and more popular with a greater number of people. They are also used in addition to other medicines. For instance, Aromatherapy might be used in order to help a patient with the side effects of chemotherapy.

Aromatherapy works by having the essential oils stimulate the sense of smell. Many people do not know how powerful their sense of smell is, nor what it can do for their health if it is activated correctly. Odors have a powerful impact on the way that you feel, and dealing with Aromatherapy in combination with those odors can help your body produce the hormones and other necessities in order to fix problems that are going on in the body.

It isn't all guesswork, either. There have been studies done that show that inhaling certain scents do stimulate parts of the brain. For instance, lavender is an Aromatherapy scent that is used for relaxation. Studies have shown that smelling lavender does increase the alpha waves in the back of a person's head, which are responsible for relaxation.

Whether you are looking to Aromatherapy to cure arthritis, or to help you deal with any other ailment, or whether you simply want to feel better all around, it is important to understand that Aromatherapy is a tried and true method of helping your body heal itself in many various ways.

Hydrotherapy for Gout

You are tired of your feet swelling and your entire body hurting. You want relief from gout and you have tried all the traditional methods. There is now additional hope for you in the form of hydrotherapy.

While drinking plenty of water is a way to effectively relieve and prevent gout it is not the only way that water is beneficial to gout. Hydrotherapy is a method that uses both hot and cold water to externally treat gout and is a great way for relieving the pain associated with gout as well.

Drinking water helps to keep a person hydrated and is beneficial for attacks as they are prevented because the joints are lubricated. The excess of uric acid is rid from the body while small kidney stones are passed and the creation of more is prevented. This will also improve kidney function making it easier to avoid attacks of gout. Combined with hydrotherapy the benefits and relief of gout will be seen quickly.

There are two ways to use hydrotherapy for gout. Contrast and Standard are the methods.

Contrast hydrotherapy uses hot and cold compresses to dissolve urate crystals in joints during an attack of gout. Pain and inflammation are also reduced through this method. Hot and cold compresses are altered with one being used for three minutes and the other for thirty seconds. Hot compresses are made of a heating pad, towel or a bath, sink or bucket of hot water anywhere from ninety to ninety-five degrees. Ice packs can be used for cold compresses. If using water both should be in easy reach.

No more than twenty minutes should be spent on contrast hydrotherapy for gout and an hour should pass between treatments. A cold compress should be used to end this therapy.

The entire body is submerged in water with standard hydrotherapy. Not only is there a feeling of weightlessness with a relaxed sensation stress will be relieved from the joints. Sitting in a tub of hot water is the best of hydrotherapy treatments. The massaging of the bubbling jets dilates blood vessels, which improves circulation and gets the oxygen flowing better.

Natural painkillers are released into the body through this process. Sore joints feel relief through this method. These are used to both treat and prevent gout and should not be done for more than twenty minutes at a time. The weight of the body on the affected area makes gout attacks worse. This form of hydrotherapy relieves some of the body's weight from being put on the area affected by gout. This makes a spa treatment an extremely effective and relaxing method for treatment of gout.

A doctor should be consulted before beginning hydrotherapy treatment as with anything else. Recommendations and monitoring of progress can be done by your physician. You should remember that diet plays a key part in the relief of gout as well. It is not enough to simply take your medication; you must make some changes in lifestyle as well. Hydrotherapy may be a good choice for you if you suffer from gout.

Reflexology in the treatment of gout

A treatment to get rid of gout is hydrotherapy but this is not the only alternative remedy available out there. Reflexology is a treatment that has worked effectively for a lot of sufferers who are experiencing gout.

Also known as zone therapy, reflexology is an alternative treatment rather than using pills or injections to relieve the problem. This involves the stimulation of specific points on the ears, hands and feet acting like pressure points, and helps to promote positive healing effects to other parts of the body. To help improve health all over the body, reflexology can make a huge difference. For the treatment of gout, it would be administered to the feet to try to relieve the person of this symptom.

It is believed that the foot has various reflex zones and the reflexologist believes that they correspond to other energy zones within the body. The theory behind this is that, by applying pressure to the tight, or gritty point of the foot, this will stimulate the body's energy connected to the foot point. Over time this can encourage self-healing. Reflexology is a treatment that tries to cure any imbalances in the body energy and is not used as a diagnosis for medical conditions or cure.

The way reflexology works is the qualified practitioner pin points the designated areas on the bare foot and massages with their hands with no tools or drugs used. Treatment like this has been known to improve circulation and posture, remove toxins, increase nutrients and oxygen in cells, reduce stress and encourage the management of pain.

Using reflexology by someone who suffers with gout will help to restore balance to the kidneys. The kidneys are the organs in charge of the production of uric acid. Therefore, to stimulate both feet (two kidneys), this will help the body energy stimulate the kidneys and help to lower the production of uric acid. This method can also be used to break up acid crystal deposits, which may be present in the foot contributing to gout.

Generally, side effects are not common to reflexology. After treatment, people may experience headaches, nausea or sinus congestion but this does not always affect

everybody. Reflexologists refer to this as a healing crisis and believe to be caused by the body releasing toxins. The side effects normally last no longer than 24 hours.

Though reflexology may get rid of gout in some sufferers, it is only used as a preventative treatment and should not be used during an active case of gout. If you think that the slightest touch or the sheet on the bed feeling like a dead weight on the foot, just think how a massage on the foot would feel.

Always consult your doctor before trying any form of treatment, especially if you suffer with diabetes, high blood pressure, kidney stones, cancer or osteoarthritis in the foot or ankle. If performed properly to get rid of gout, this can be an effective treatment to take.

Acupuncture for Gout and Arthritis

Acupuncture is believed to have origins in China, where this practice has been traced to the Stone Age. Inner Mongolia was one site where stone acupuncture needles were found by archeologists. The needles have been dated back to 3000 B.C.

Whether or not you believe that acupuncture will work, the concept makes sense. Many people have tried this procedure and relief from arthritis and gout pain has been reported. This method uses disposable, stainless steel needles. Basing the practice on the belief that the body has 14 channels to carry energy, by stimulating these channels, pain and illness can be relieved.

Gout Can Be Treated with Acupuncture

When performing acupuncture for gout, each point where a needle will be inserted (acupoint) is wiped with alcohol, then a very thin needle is inserted into the point. Several points can be used and the needles are placed at different depths. They go under the skin and can stay for a few minutes or an hour. While this treatment is being performed the needles may be spun lightly in a circle, electrically energized, or heated to increase the effects.

You may feel a tingling under your skin when they are charged electrically. If it becomes uncomfortable, simply tell the person performing the acupuncture. While using different points to place the needles, the reaction to the treatment is observed which gives an idea of what is helping.

What is Arthritis?

Sufferers of arthritis number quite high. Because arthritis is not a single disease but actually made up of over 100 separate conditions, it can strike anyone at any age. There are three types that are most common; osteoarthritis, gouty arthritis and rheumatoid arthritis. Although these three types are very different when it comes to most all aspects, unrelenting joint pain is what ties them together.

Osteoarthritis is the most common. It starts attacking the joint cartilage, breaking it down and causing stiffness and pain. Usually affecting the joints of the knees, hips, spine, and fingers it can also work on the shoulders, ankles, elbows, and wrists. It is often caused by an injury when it shows up in a joint that is not commonly affected.

Rheumatoid arthritis can work on the joints, however other parts of the body are affected. It can cause problems in the blood, heart, and lungs. The lining of the joint becomes swollen and pain, swelling, and stiffness will result. The joint can become misshapen and cause loss of movement. This is a slow progressing disease, which has flare-ups and remissions.

Can Acupuncture Help Arthritis?

The process of acupuncture to treat arthritis encompasses the whole body, not just the affected parts. When placing the needles for treatment, they may be put on legs, arms, shoulders, or even your toes. Most people do not complain of any discomfort from this probably because the needles are so thin.

Usually after the needles are placed, the scary part is over and patients often tend to go to sleep while being treated. The number of treatments and how often they are performed really varies by patient.

Typically from five minutes to thirty, once or twice per week is the schedule. Sometimes patients will feel relief after only one treatment. However when the arthritis is most severe, several treatments may be required before relief is felt.

Acupressure and gout

Acupressure can be an excellent alternative to modern medicine. It is more of a therapy rather than a medical procedure. Research has shown that it can be an effective tool in the prevention of some diseases. Acupressure has also been used to relieve symptoms of diseases such as gout.

Acupressure – What is it?

Most people have heard of acupuncture, which is an ancient Chinese therapy that employs needles. The needles are placed into the skin at specific pressure points. Although acupressure is based on the same principles as acupuncture, it is a form of Chinese medicine using the hands and feet to apply pressure to different points on the body, rather than using needles. Acupressure is often referred to as Shiatsu massage therapy.

Acupressure uses the body's natural ability to heal itself. Stimulating and promoting increased blood circulation with pressure accomplish this. By applying pressure with hands, knuckles, and sometimes feet, on specific areas of the skin's surface, muscular

tension is gently released. This provides great relief for those who suffer from tension-related and inflammatory illnesses, such as gout.

How does acupressure work?

It is believed that the body has roughly 2,000 key areas that can be effectively triggered to encourage energy to flow throughout the body. This energy is called Qi or Chi and is said to flow from the surface of the skin to the internal organs of the body. These paths are called meridians. There are anywhere between 14 and 20 meridians in our body. If any one of these meridians is blocked, due to illness or injury, the flow of Qi stops. Symptoms of diseases, including inflammation and pain, worsen as a result. Acupressure unblocks the flow of energy, which allows the body and mind to achieve a more balanced and natural state.

When our body is battling a disease, the body is often tense. People with gout experience joint pain and inflammation and have a difficult time relaxing. Acupressure addresses each of these symptoms. As pressure is applied to specific points on the body's surface, muscles relax and blood flow is increased throughout the body.

Acupressure has reportedly provided relief for gout sufferers in several ways:

- Improved circulation
- Release from tension
- Relief from pain
- An ability to relax
- Stress reduction
- Clarity of mind
- Reduction of inflamed areas

How is acupressure administered?

It is possible for anyone to learn how to apply pressure to his or her trigger points and get some relief from an attack. However, it is best to visit a professional first to learn the proper techniques for you specifically.

The doctor will administer the therapy by applying pressure on each trigger point for approximately 15 to 30 seconds. At first, an electrifying jolt is felt. Following that, the area will experience a numbing or tingling feeling. That's how you know the trigger point has effectively been stimulated. Over time, the sensitivity to the treatment does eventually decrease. Pain relief has been immediate for some gout patients when the trigger point is released.

Acupressure is considered an alternative remedy in addition to medicines your physician may prescribe. More and more, it is being recognized as a valuable tool in the arsenal for fighting several diseases. Be sure to ask your physician if your symptoms might be relieved by acupressure therapy.

Health Benefits of Meditation

There have been numerous claims both by practitioners and teachers of meditation that meditation can help improve your overall health. There have even been the skeptics that wanted to argue those statements. The fact of the matter is the claims made by the people who you say meditation will improve your health are right. Meditation will not only help clear your mind and decrease stress it also helps increase the efficiency of many of the body's physical processes.

Meditation has an instant impact on your mental and physical state. All you need is a quiet place where you can sit and meditate for a few moments whenever you are feeling stressed. Think about how you feel when you are stressed. Your blood pressure is elevated, your head hurts, your pulse quickens, and your breathing is often faster. You feel on edge, tense, which can cause you to over react to a situation at home or at work.

Meditation can take all of that away. When you meditate your are focusing on your breathing, bringing the body and the mind together. This process has been shown in scientific study that it decreases the level of cortisol the stress hormone, decreases blood pressure and heart rate. University studies have also shown that meditation has a positive affect on brain waves.

While it's nice to have the medical studies back up the claims made by meditation practitioners, common sense backs up the claims as well. Think about these two different situations, stuck in stand still rush hour traffic and spending the day at a luxury resort spa. Put yourself in those two situations in your head right now. Sitting in rush hour traffic, you feel tense, your pulse quickens, you can feel the anger mounting. Now think about relaxing in the spa. The spa is relaxing and tranquil. You feel better at peace. That is what meditation does for you. It puts you in the spa.

Outside of improving calmness and inner peace and concentration, mediation can also help ease pain. Unfortunately in recent years the number of people suffering from arthritis pain has increased. Meditation helps arthritis sufferers decrease their focus on their inflamed joints. Thereby decreasing pain, which leads to frustration, depression and fatigue in many arthritis sufferers.

Insomnia can also be treated with meditation. For many people insomnia is caused by poor eating habits, lack of exercise and stress. A decrease of melatonin, the hormone that is responsible for our biorhythms can also cause insomnia. Melatonin is the "feel good" hormone. Meditation helps increase the production of melatonin, which leads to you being able to catch more "zzz's" at night.

Meditation allows you to clear your mind and focus on the more positive parts of life. This decreases stress and enhances mood. Reducing stress then has a domino effect on your life, your muscles relax, your blood pressure decreases, your heart rate slows, and your body releases more endorphins in your body. The better you feel.

If you are looking for a cost effective way to heal your body naturally it's time for you to look at meditation. Meditation is an essential part of any health and wellness plan.

Chapter 9

Gout Recipes

With a little research you can find many recipes for gout online. There are also recipe books available for purchase. Here is a list of some recipes I tried and added to my favorites.

Potato and carrot pies

Ingredients

2 pounds fresh made or frozen dough, thawed
4 cups shredded potatoes
2 cups grated carrots
1 large onion, finely chopped
1 small hot pepper, very finely chopped
2 cloves garlic, crushed
2 Tbsp. finely chopped fresh coriander leaves
2 Tbsp. melted butter
1 egg, beaten
1 tsp. salt
1 tsp. cumin
½ tsp. pepper

Directions

Prepare dough for pies, if not using frozen, then set aside.
Make a filling by thoroughly combining all remaining ingredients, then set aside.
Form dough into 20 balls and place them on a tray lightly dusted with flour. Cover with a damp cloth; allow to stand in a warm place for 30 minutes, and then roll balls into 5 to 6 inch rounds.
Divide filling into 20 equal parts. Place one part of the filling on each round then fold dough over the filling and close by firmly pinching edges together into half moon or triangle shape. (Prepare pies immediately after mixing filling, if left too long, the filling becomes somewhat watery.)
Place pies on well-greased baking trays, then bake in a 400° F preheated oven for 20 minutes or until pies turn golden brown. Remove from the oven, and then brush with olive oil. Serve hot or cold. Eaten just out of the oven, these pies are delicious.

Herby Pasta Salad

Ingredients

1/4 cup Vegetable Oil
1 tablespoon Tarragon Vinegar
1 teaspoon Basil
1/4 teaspoon Garlic
1/4 tablespoon Pepper
1/4 teaspoon Dried Dill Weed
3 cups Cooked Pasta Shells - Small Multicolored
1 Zucchini, Sliced Thinly
1/3 cup Radishes - Sliced Thinly
2 1/4 Carrots - Sliced Thin
2 3/4 tablespoons Green Onion - Chopped

Directions

In Blender or a Food Processor, combine Oil, Vinegar, Basil, Garlic, Pepper and Dill Weed to make the Dressing. Put remainder of ingredients in a bowl and toss. Pour dressing over salad and toss once more. All ingredients are "Organic".

Veggie Burger with Nuts

Ingredients

2 oz bulgur wheat
1/4 cup canola oil
1 1/4 cups finely chopped mushrooms
1 1/2 cups finely chopped carrots
2 cups finely chopped onions
2 tbl minced garlic
3/4 cup walnuts
1/2 cup sunflower seeds
1/2 cup sesame seeds
1/2 cup wheat germ
1/3 cup chopped parsley
2 tbl chopped dill
3 tbl tahini (sesame seed paste)
1 1/4 cups cooked chickpeas
3 tbl tamari
3 tbl lemon juice
1/4 tsp cayenne pepper
1/2 tsp salt
3/4 tsp freshly ground pepper
3/4 tsp ground cuminoil for rubbing burgers and grill

Directions

Put bulgur in a bowl of hot water; soak for 10 minutes or until tender, drain well. Heat oil in a skillet; sauté mushrooms, carrots, onions, and garlic for 15 mins. Grind walnuts and sunflower seeds, put into a bowl, and add sesame seeds, bulgur, and wheat germ. Mix sautéed vegetables with parsley, dill, tahini, chickpeas, tamari, lemon juice, cayenne, salt, pepper, and cumin until blended (small lumps ok). Add to the sesame-bulgur mixture, mix well. A potato masher is useful at this stage. Chill thoroughly to firm the mixture (at least 1 hour in the freezer, more in the refrigerator). Shape into patties, pat with oil, cook 4 minutes on each side, and flip carefully with a Wide spatula to keep from falling apart. Serve on toasted rolls with slices of tomato, sprouts, cucumber, and yogurt. Serves 8 to 10, depending upon size of burgers.

Carrot Cake Pancakes

Ingredients

Complete Pancake Mix - 2 cup
1/2 cup Brown Sugar, packed
1/3 cup Raisins, packed
1 1/2 cup Water
3/4 cup Carrots, raw, shredded
Salt 1 dash
Cloves, ground 1/2 tsp
Cinnamon, ground 2 tsp
Nutmeg, ground, 1/2 tsp

Directions

Combine pancake mix and water. In a separate bowl, combine remaining ingredients. Gently fold in carrot mixture to pancake batter. Let rest 5 minutes. Pour approx. 1/4 cup of batter onto lightly greased griddle. Cook as with any other pancake. 8 Servings

Poached Apples

Ingredients

20 dried, unsweetened apple rounds or slices
8 dried figs (Calmyrna best)
1-1/2 cups cranberry juice (about)
2 Tablespoons pure maple syrup
3 Tablespoons grated orange peel
Pinch of cinnamon
1 teaspoon arrowroot powder (optional)

Directions

Place all ingredients but arrowroot powder in a 2-quart pot with lid. Bring contents to boil, reduce heat, cover, and simmer for 40 minutes. Stir occasionally. If desired, thicken juice with arrowroot powder, then bring to a final boil and remove from heat at once. Let stand at least 15 minutes. Serve hot or cold. Serves 4

Fruit Pitza

Ingredients

1/2 package of refrigerated sugar cookie dough
8 ounces of whipped light cream cheese
1/3 cup sugar
1/2 teaspoon vanilla
1 tablespoon water
1/4 cup apricot preserves
Fruit of your choice (sliced bananas, sliced strawberries, sliced kiwi, seedless grapes cut in half, blueberries, melon balls sliced in half)

Directions

Crust: Spread the package of sugar cookie dough over a 14-inch pizza pan. Bake in a 375-degree oven for 12 minutes or until lightly golden brown. Cool in the pan.

Topping: Blend the cream cheese with the sugar and vanilla until completely mixed. Spread in a thin layer over the cooled crust.

Fruit layer: Creatively arrange the fruit in circles while slightly overlapping the slices around the crust.

Glaze: Bring the water and preserves to a boil, stirring constantly. Lightly brush this glaze on top on the fruit to preserve the color. Refrigerate until ready to serve. Makes 10 servings.

Healthy Sweet Potato Fries

Ingredients

2 large sweet potatoes - sliced into thin strips
1/8 cup extra virgin olive oil
5 tbsp Splenda
1 tbsp ground cinnamon
2 tbsp kosher salt

Directions

Heat oven to 425 degrees. In a small bowl, combine the Splenda, ground cinnamon, and salt. Set to the side. Arrange the sliced sweet potatoes on a cookie sheet so that they are in one layer. Drizzle with extra virgin olive oil. Sprinkle with Splenda mixture. Bake at 425 degrees for 20-30 minutes, depending on desired crispiness. Let cool 5-10 minutes before eating. Number of Servings: 3

Vegetable Stew

Ingredients

2 tablespoons olive oil and/or butter
3 cups minced onion
3 medium cloves garlic, minced
2 medium potatoes, diced
1 medium (7-inch or so) eggplant, diced
1 teaspoon salt (more, to taste)
Fresh black pepper to taste
2 medium stalks celery, chopped
1 healthy stalk broccoli, chopped
2-3 medium carrots, sliced or diced
2 small (6-inch) zucchini, diced
3 tablespoons (half a small can) tomato paste
3 tablespoons molasses
2 teaspoons dill
Optional Toppings: sour cream or yogurt, finely minced parsley

Directions

Heat oil (or melt butter) in a Dutch oven. Add onion, garlic, potatoes, eggplant, salt and pepper. Cover and cook over medium heat, stirring often, until the potatoes are tender. Add small amounts of water, as needed to prevent sticking. Add celery, broccoli and carrots. Continue to cook over medium heat, covered but occasionally stirring, until all the vegetables begin to be tender (8-10 minutes). Add remaining ingredients (except toppings) and stir. Cover and simmer very quietly about 15 minutes more, stirring every once and a while. Taste to correct seasonings. Serve piping hot, topped with sour cream or yogurt and minced parsley.

Scrambled Mexican Tofu

Ingredients

6 Cups (1.5 litres) Egg Whites
6 Tablespoons (90 ml) Soy Sauce
1/2 Teaspoon (2.5 ml) Black Pepper
1 Cup (250 ml) Diced Onions
1 Diced Pepper - Red or Yellow is best
4 Tablespoons (60 ml) Green Chili
12 Tablespoons (180 ml) Fresh Chives
1 lb (500 g) Soft Tofu
2 Fresh Tomatoes – Diced
5 Garlic Cloves – Minced

Directions

Mix the egg whites, soy sauce and black pepper in a bowl, and crumble in the tofu. Sauté onions and chopped pepper over gentle heat in a non-stick skillet until the onion softens (about 5 minutes). Add garlic and tomatoes and cook over medium heat until cooked (about 15 minutes). Add egg mixture to skillet and scramble until cooked. Serve Scrambled Mexican Tofu Immediately.

Vegetarian Omelet

Ingredients

For omelet:
Puff pastry dough
5 fresh eggs
1 cup heavy cream
1/4 cup onions, chopped
1/2 cup spinach, chopped
1/3 cup red bell peppers, chopped
1/3 cup zucchini, chopped
1/8 cup ricotta cheese
For Hollandaise Sauce:
3 egg yolks
2 dashes white pepper
1 dash cayenne pepper
1/2 cube unsalted butter
Juice of 1/2 lemon
1/4 teaspoon salt

Directions

Preheat oven to 350°F. Lightly grease a large tart pan. Take a circular cutout of pastry dough and lay it on the bottom of the pan so that it conforms to the pan and reaches up the sides. Whip together eggs and cream. Top the dough with egg/cream mixture. Add

onions, spinach, peppers, zucchini, and cheese. Place another layer of puff pastry over the top of these ingredients and form a pouch around the filling. Bake for 30 minutes. In a double boiler, whip egg yolks and lemon juice until the mixture has custard like consistency. Add salt and both peppers. In a separate pan, melt butter and add it slowly to the mixture, whipping constantly. When the pastry is removed from the oven, cover it with Hollandaise sauce and serve.

Banana Nut Bread

Ingredients

1/2 cup vegetable oil
1 cup brown sugar
2 eggs
1/4 tsp salt
1/2 tsp baking soda
1 1/2 cups flour
2 very ripe bananas
2 1/2 oz chopped pecans or walnuts

Directions

Mix oil and sugar. Beat in eggs and salt. Add baking soda and flour. Mash bananas with a fork and add to batter. Stir in nuts. Bake in greased and floured loaf pan at 350 for 1 hour.

Gazpacho

Ingredients

2 cups tomatoes - approx 2 large tomatoes
2/3 cup approx 3" slice of standard size cucumber
1/2 cup 1 small pepper, might be slightly less than 1/2 cup
Onion – chopped 2 tbsp approx. half medium onion
Garlic 1 or 2 cloves to taste
Salt 1 tsp to taste
4 tsp Extra Virgin Olive Oil
4 tsp Wine Vinegar
1 tsp Sugar to taste
3/4 cup Water use more or less for thinner or thicker soup

Directions

Wash and roughly chop all vegetables. Place chopped vegetables in blender with all liquids. Blitz until smooth. Add salt and sugar to taste.
Pour into airtight container, seal and refrigerate overnight to infuse flavors.
Serve one quarter of the soup as a snack mid morning and mid afternoon.
Makes about 1 liter.

Vegetable soup

Ingredients

4 Tbsp olive oil
1 medium carrot, peeled and chopped into small pieces
1 large onion, chopped
2 cloves garlic, crushed
1 Tbsp. grated fresh ginger
1 large potato, peeled and diced into ½ inch cubes
4 medium tomatoes, chopped
1 cup finely chopped coriander leaves
5 cups water
2 tsp. salt
1 tsp. pepper
1 tsp. cumin
1/8 tsp. cayenne

Directions

Heat oil in a saucepan, then stir-fry carrots, onion, garlic, and ginger over medium heat for 5 minutes. Add potatoes, tomatoes, and coriander leaves, then stir-fry for a further 5 minutes. Add remaining ingredients then bring to boil. Cover and simmer over medium-low heat for 1 hour or until vegetables are well done, adding more water if necessary. Purée, then return to saucepan and heat before serving. Serves 8.

Chapter 10

Conclusion

There is currently no cure for gout, however this is a chronic condition that can be managed and flare-ups can be prevented. It is important to understand the disease mechanisms and risk factors. Should you opt to take prescribed medications from your doctor you have the right to examine the prescribed treatment. Make sure you are aware of the side effects of these medicines, natural cures and herbs. Dietary recommendations may differ from one expert to another and may change due to current research.

After all my experiences with living with gout I have found that Celery seed and Devil's claw were my magic combination. I sprinkle Cheyenne pepper on much of my food. I drink plenty of water (natural spring water) and try exercise as often as possible. I apply Arnica oil to sore stiff joints and occasionally take a hot bath with Epsom salts and essential oils. Medication is an effective way to deal with stress and pain. Manage your gout; manage your life.