Can This Simple Pantry Ingredient Help Gout?

by KRYSTINA OSTERMEYER

Trying Apple Cider Vinegar for Gout

Apple cider vinegar is one of the best ingredients for treating a range of ailments such as diabetes, blood pressure, and acne. However, did you know that apple cider vinegar (ACV) is also useful for treating and preventing gout?

For those who don’t know, gout is a chronic pain in arthritis form caused by extreme pain in joints as a result of uric acid buildup. Uric acid is the chemical created after the body breaks down purines in the blood.

This chemical typically dissolves in the blood and then passed through the kidneys and urine but, if there’s too much uric acid in the body or the kidneys have a hard time filtering it out, it creates a buildup of sharp urate crystals in the joint or surrounding tissue.

The area where the uric acid buildup occurs can become swollen and red, and it can be very painful to move. Men are more prone to experiencing gout since they tend to have higher uric acid levels than women.

A gout attack can come without warning. It starts with a slight discomfort that lasts for days to a few months. The worst attack is when you feel an intense joint pain that even a minor touch feels extremely painful.

Doctors usually prescribe medications that reduce pain and prevent gout symptoms. If left untreated, gout can lead to other complications including kidney stones, heart disease, tophi, and joint deformity.

However, over the past several years, apple cider vinegar has become a mainstream treatment for common maladies, when it was once an alternative treatment.

The Research

What was once a folk remedy may now be a proven treatment for certain health conditions, such as diabetes.

An ongoing research study performed by Carol S. Johnston, associate director of the nutrition program at Arizona State University, states, "Vinegar appears to inhibit the enzymes that help you digest starch." This means that when eating carbohydrates in conjunction with vinegar, the glycemic response is decreased – according to Johnston, by as much as 20-40 percent in healthy people and in people with diabetes.

However, Johnston notes, "There is great marketing behind apple cider vinegar, and it works to lower the glycemic response, but it doesn't have to be apple cider vinegar." Any vinegar will do because it is the acetic acid in vinegar that achieves this response.

Keep in mind that this is one research study regarding diabetes and ACV. While the results are promising, this does not mean that you should stop taking your Metformin or insulin!

So, if ACV potentially has *this* potent of an effect on blood glucose control, how might it affect gout?

Apple Cider Vinegar for the Treatment of Gout

There is no research that I could find regarding the treatment of gout with ACV. A quick Google search elicited very few reputable websites, leading me to wonder, "Is ACV a treatment for gout?"

I did find one semi-reputable website, touting the health benefits of ACV for gout. Although the website is fraught with ads, it appears to be run by physicians, and they do not look to be selling anything, so the information presented may be legitimate.

Dr. Richard Foxx, an anti-aging specialist with a medical background in endocrinology, gynecology, and sports medicine, writes, "ACV contains antiviral, antibacterial, and antifungal properties. It is full of nutrients, like potassium, amino acids, calcium, and iron, which can help reduce toxin buildup and help rid the body of excess levels of uric acid… ACV breaks up the uric acid crystals and thwarts them from reforming in the joints by supporting proper blood circulation. It also promotes joint flexibility by reducing swelling and inflammation in the joints."

What Is Apple Cider Vinegar and Its Role in Gout?

Gout can be managed by making a few fundamental lifestyle changes. One of them is using the popular home remedy that is apple cider vinegar. Created from fermented apple juice, ACV has been used as a treatment for several conditions.

The main ingredient that makes ACV effective for gout is the acetic acid which turns into alkaline once it’s inside the body. Uric acid crystals form in the body when it is acidic. By taking ACV, it helps to balance the pH environment thus disrupting the favorable environment that causes gout.

It’s also rich in malic acid which dissolves uric acid as well as potassium, iron, calcium, and amino acids that get rid of toxins and prevent toxin buildup. ACV aids in blood circulation and purification by breaking up the uric acid crystals preventing them from reforming in the joints.

Next page: Learn how to take apple cider vinegar for gout in four different ways and what type of apple cider vinegar is the best to buy.

How to Take Apple Cider Vinegar for Gout

In general, apple cider vinegar for gout should be consumed three times per day, ideally after meals. This promotes an alkaline environment inside the body.

Apple cider vinegar for gout can be taken through different methods:

1. Take it internally

The standard way of doing it is by mixing two tablespoons of apple cider vinegar with a cup of water and taking drinking this mix two times a day. If you can’t stand the sour taste of ACV, consider adding a teaspoon of honey to the mix.

You can also mix ACV with baking soda to further enhance its alkalizing effects. Just add half a teaspoon of baking soda for every 2 to 3 tablespoons of ACV. Stir in a cup of water and drink half an hour before a meal. Just make sure your stomach isn’t empty as it can make you feel queasy.

Use a straw when drinking ACV to prevent it from getting contact with your teeth. ACV is very acidic, and when it touches the teeth for a prolonged time, it can erode tooth enamel causing it to be dark and ultra-sensitive.

2. Apple cider vinegar soak

Apple cider vinegar can also be used topically during a gout attack.

Mix 1 cup of apple cider vinegar with 4 cups of hot water in a basin and soak the affected foot in the mixture for 30 minutes. You can also soak a clean cloth in apple cider vinegar and wrap it around the foot, leaving it there for 15 minutes.

3. Mix it with juices

Mix ACV with juices such as cherry or blueberry. Just be sure they don't contain artificial sugars which can only worsen your gout symptoms. Always opt for natural puree juice.

4. Add it in recipes

Don't forget to add apple cider vinegar to your meals whenever you can. The best way to incorporating it into your diet is by adding it to salad dressings.

ACV has a rich, sour taste that enhances the flavor of many salad recipes. You can also add it to your smoothies and soups!

5. Take apple cider vinegar capsules

Those who can't stand the taste of regular apple cider vinegar are better off taking it in capsule form. This is especially helpful for those with sensitive teeth or esophagus. Make sure to take at least 500 mg of apple cider vinegar to help manage gout.

Many people experience relief from gout after just a few hours of taking ACV while others get relief after a few days. Find the method that best works for you and sticks to it.

Filtered Versus Unfiltered ACV

Unfiltered, unpasteurized ACV can be easily detected from filtered ACV.

- Filtered ACV is clear and more pleasant to look at.
- Unfiltered ACV will still have a blob in it, which is termed the "mother." The "mother" is used as a starter in making the ACV.

Many people associate unfiltered ACV as having extra health benefits. For example, ingesting the "mother" may have polyphenols and probiotics. However, there is no research to back this up so ingest the "mother" if you would like.

Basically – enjoy the type of ACV that you like the best.

Spiro's Tip on Which Type of ACV to Buy

The murkier, the better. That's always a good rule to follow when looking for apple cider vinegar in the market.

The right kind should have strand-like structures of living bacteria in it. Avoid the clear ACV as those have been heated and distilled, removing its health benefits.

Always buy the organic, non-pasteurized, unfermented ACV that hasn't been heated or processed. This still has the nutrients, minerals, and enzymes that can help treat gout.

The Bottom Line…

Apple cider vinegar is a very effective remedy for gout, but not everyone will experience the same level of relief. Some have used ACV for years and have experience long-lasting relief from it while others fare better with different gout treatments.

Whatever the case may be, be sure to always consult with your doctor before using apple cider vinegar for gout treatment. They will check to make sure ACV doesn’t counteract with your current medications and that you are not allergic to apples.