# 7 Amazing Home Remedies for Gout

by SPIRO KOULOURIS

## Home Remedies for Gout

Gout sufferers, like you and me, are always looking for new ways to manage the condition. We can't help it. We're all different, and no one solution works for everyone.

As dreadful as this condition might be, it gets me a bit excited figuring out exactly my body needs and doesn't need. When you have this condition for so long, you start to pay attention to what your body is telling you.

Over the years, I've discovered several different ways to treat gout at home. If you're interested, keep reading because I'll share with you the top seven home remedies for gout that can help.

**Epsom Salt Soak**

Epsom salts possess high levels of magnesium, which can help with gout.

All you need to do is fill the tub with warm water and add in one to two cups of Epsom salt. Dip your body in the water and sit in it for at least 20 minutes. By the time you get out of the tub, the muscles around your affected joint should feel more relaxed. I recommend that you do this at least two times a week.

You can also soak the affected joint in a basin filled with water and Epsom salt. This will help with the muscle pain and inflammation in that area. As a bonus, you'll also get softer skin after an Epsom salt soak!

**Drink Bone Broth**

Bone broth is one trending food item that you should start trying. It's known to help with diseases such as diabetes, tuberculosis, jaundice, and yes, gout! Bone broth contains an amino acid called glycine, which helps maintain uric acid levels in your body.

Try to avoid bone broth sold in stores – those tend to be too processed. Instead, make it yourself at home using good quality bones. There are tons of recipes you can follow online with varying methods and ways of adding flavor. You can then drink the bone broth by itself or add it to soups for flavor.

**Drink Plenty of Water**

Whether you have a gout attack or not, drinking lots of water is very important because it helps flush out the uric acid in your body. You'll want to drink at least eight glasses of water a day.

To avoid having to go back and forth to the water cooler, you can carry around a large jug that you can refill twice or thrice a day. Take your water bottle with you anywhere you go or have it by your work desk at all times. It's easier to stick to the daily recommended water intake when you do it this way.

### Cold Compress

When you have a gout attack, one way to ease the pain is by using a cold compress. The idea here is to numb the pain caused by the inflammation.

Go ahead and grab an ice pack, wrap it in a thin towel, and position it on the inflamed joint. Hold it there for 20 to 30 minutes. You'll want to do this several times a day until the pain fully subsides.

### Eat Cherries

A popular food item among gout patients is cherries. You can eat this for preventing and treating gout thanks to its high anthocyanins and vitamin C content which fight inflammation. It lowers uric acid levels making gout attacks less frequent.

Cherries can be consumed in different forms, whether it's canned, raw, juiced, cooked, or frozen. Aim for 2 to 3 servings a day (10-12 cherries/serving) to prevent those gout flares. For those who don't have the willpower to eat 30 cherries a day, you can take it in pill form. Tart cherry supplements give you the daily recommended amount without the risk of consuming too much sugar.

### Make a Turmeric Drink

Turmeric is an ancient spice that's not just used in cooking but Ayurvedic medicine as well. Its history dates back to 4,000 years. If people have been using this spice for this long, there has to be something to it, right? For gout, there is.

Turmeric has been proven to inhibit the process that causes uric acid. It also eases pain from gout flares since it contains an active compound called curcumin, which can act as an anti-inflammatory, antioxidant, antiviral, antifungal, antibacterial, and antitumor agent.

You can consume turmeric as tea, milk, spice, topping, or even food coloring. Whatever you do, you want to add black pepper in the mix because this can help your body absorb the curcumin better.

### Take Apple Cider Vinegar

Apple cider vinegar is used as a home remedy for various conditions such as sore throat, diabetes, indigestion, and high cholesterol. But did you know it can be used for gout as well? An excess of uric acid in your body naturally makes your blood more acidic. What apple cider vinegar does is help your body to become more alkaline.

You can use apple cider vinegar internally or topically. Aim for 1 to 2 tablespoons a day. The taste can be unpleasant so you can dilute it in water and drink it through a straw. You can also dilute it in a basin filled with hot water and dip your affected joint in it for 15 minutes. This should give you relief from acute gout pain.

### In Conclusion

The best part about the home remedies I've mentioned above is that they are all-natural and they pose no risk. If anything, they can even help with your overall health. Drinking enough water, for example, can help with your skin complexion, digestion, brain function, mood, and immune system.

But as good as these remedies may perhaps be, you never want to make the mistake of skipping your medication just because you think you've found the best solution. Speak with your doctor first as they can prescribe you a drug regimen that best suits your lifestyle.

Which of these home remedies for gout do you currently do, and which ones are you going to try? Share your

experience with us.