

Gout

Written by Delores A. Hampton
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Can occur throughout the body. Too much uric acid in the blood will cause the liver to overload and not be able to efficiently remove the excess uric acid. After a while, the uric acid will crystallize and park in the joint areas creating swelling, inflammation, stiffness, and pain.

Alfalfa- Internal Purposes: Minerals, as well as other nutrients, can cut down on the amount of serum uric acid; alfalfa is one of your better choices to obtain minerals. Dosage: 2000-3000 mg daily in tablet or capsule form

Bilberry- Internal Purposes: Bilberry extract can provide anthocyanidines and proanthocyanidins. Both of these flavonoids have potent antioxidant tendencies.

Boswell & Turmeric- Internal Purposes: Boswell and turmeric (curcumin) can both alleviate the redness and swelling of inflammation, which will also reduce the pain.

Cayenne (capsicum)- Internal/External Purposes: Mix cayenne with wintergreen oil to make a paste and apply it to the area that is swollen, red, and painful. At first, you may feel some stinging; however, this should disappear after awhile. In addition to being an external agent, cayenne can be obtained in the form of capsules or liquid form.

Celery- Internal Purposes: Multiple elements are available in celery seed extract that will lessen inflammation.