

## Uric acid

tinctures moringa, + cinnamon.

Cucumber in smoothies. Grass tea.

uric acid;

## Some Home Remedies For Gout

- **Try apple cider vinegar** – Helping to make the body more alkaline, apple cider vinegar has become a well-known [proven solution for countless ailments](#), including gout. Try mixing 1-2 tablespoons of apple cider vinegar in 8 ounces of water. You can either drink it in one sitting or sip on it over time – try both methods and see which is more effective. This solution can reduce pain by 90% within a day or two. Note: Be sure to use organic apple cider vinegar with the ‘mother’.
- **Baking Soda** – Among other home remedies for gout is the use of baking soda. Mixing baking soda in water can effectively relieve pain almost instantly, though it may take 1-2 days. Mix 1/2 teaspoon baking soda in 8 oz. of water and drink it in one sitting. You may need to repeat this a few times a day, taking as much as 3 teaspoons total. Reduce the dose as the pain goes away. Note: The maximum recommended dose is 4 teaspoons throughout the day. Lastly, use caution if you suffer from hypertension, as baking soda may raise blood pressure when taken in larger amounts.
- **Consume cherries** – Some studies have shown that cherries can also reduce uric acid. In [one study](#) involving more than 600 people with gout, it was found that a ½-cup serving of cherries a day (10 or 12 cherries), or cherry extract, resulted in a 35% reduced risk of a subsequent gout attack. Further, those consuming even more cherries, up to three servings in two days, were at a 50% reduced risk. It may be best, though to supplement or consume cherry juice concentrate, which can contain about 55 to 60 tart cherries without all the sugar.
- **Eliminate sugar and soda** – Whether it’s caffeinated or not, drinking two sodas each day can increase your risk of gout by a [whopping 85%!](#) Why? Sugar! Reduce sugar intake dramatically and risk of experiencing gout will dramatically drop.
- **Hydrate** – Drink plenty of water. This will help flush out the excess uric acid.
- **Reduce alcohol consumption** – Alcohol dehydrates the body and could raise uric acid levels in the blood.

- **Have some bromelain** – Try some bromelain, a compound that can be found in pineapples or in a supplement form. The enzymes within are frequently recommended for people with gout and have even been [shown to have anti-cancer properties](#).
  - **Beet juice** – Beet juice can help prevent acidosis and stimulates the liver to cleanse bile ducts.
  - **Up your vitamin C intake** – Evidence exists showing that increased vitamin C can reduce uric acid. Get it from food or from rose hips if you choose a supplement.
  - **Reduce caffeine intake.**
  - **Avoid organ meats, sardines, and anchovies** – These are all rich in uric acid, and you don't need any more of that.
  - **Exercise** – In the case of gout, exercise naturally helps reduce uric acid levels by normalizing insulin. In general, exercise is a 'prevent-all' when it comes to any health issues.
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- Squeeze the juice of one lemon into a glass of warm water. Drink it in the morning on an empty stomach. Continue for at least a few weeks.
  - You can also take vitamin C supplements. For proper dosage and suitability, consult your doctor.

## 1. Apple Cider Vinegar

Being a [natural cleanser and detoxifier](#), apple cider vinegar can help remove wastes like uric acid from the body. It contains malic acid that helps break down and eliminate uric acid. Apple cider vinegar also helps restore the alkaline acid balance in the body and provides anti-inflammatory and antioxidant benefits.

1. Add one teaspoon of raw, organic, unpasteurized apple cider vinegar to a glass of water.
2. Drink this solution two or three times a day.

You can gradually increase the amount of apple cider vinegar up to two tablespoons per glass of water and continue this remedy until your uric acid levels come down.

**Note:** Do not take apple cider vinegar in excess as it may decrease potassium levels in the body. Also, it may interfere with diuretic drugs.

## 2. Lemon Juice

Though it may seem that lemon juice will make the body more acidic, in actuality, it produces an alkaline effect and helps neutralize uric acid. Plus, its vitamin C content also helps lower uric acid levels.

## 3. Cherries

Cherries and dark berries contain chemicals that help reduce uric acid levels. Plus, purple and blue-colored berries contain flavonoids called anthocyanins that help lower uric acid and reduce inflammation and stiffness.

- Eat one-half cup of cherries daily for a few weeks. You can also drink one or two cups of tart cherry juice for about four weeks.
- Also, add blueberries, strawberries, tomatoes, bell peppers, and other vitamin C and antioxidant-rich fruits and vegetables to your diet.

## 4. Baking Soda

Baking soda, also called bicarbonate of soda, is highly beneficial for lowering uric acid levels and [reducing gout pain](#). It helps maintain the natural alkaline balance in the body and makes the uric acid more soluble and easier to flush out of the kidneys.

1. Mix one-half teaspoon of baking soda in a glass of water.
2. Drink up to four glasses of this daily for two weeks. You can drink it every two to four hours.

**Note:** Do not take this remedy on a regular basis. Also, do not follow this remedy if you suffer from high blood pressure. People age 60 or older should not drink more than three glasses of this baking soda solution daily.

## 5. Olive Oil

Most vegetable oils turn into rancid fats when heated or processed. The rancid fats destroy the vital vitamin E in the body, which is essential for controlling uric acid levels.

Opt for cold-pressed olive oil rather than using vegetable oil, butter or shortening in your cooking and baking. Olive oil contains monounsaturated fats that remain stable when heated. Plus, it is high in vitamin E and antioxidants, and has anti-inflammatory benefits.

## 6. Water

Drinking plenty of water helps optimize uric acid filtering. It helps dilute the uric acid and stimulates the kidneys to eliminate excess amounts from the body through urine.

Plus, [drinking adequate water regularly](#) can reduce the risk of recurrent gout attacks. In an internet-based study presented at the 2009 annual meeting of the American College of Rheumatology, researchers found that participants who drank five to eight glasses of water in the 24-hour period prior to a possible gout attack had a 40 percent decreased risk of an attack compared with those who drank only one glass of water or less.

- Drink at least eight to 10 glasses of water throughout the day.
- Also, include more fluids and fresh, water-rich fruits and vegetables in your diet.

### WHAT TO AVOID :.....

#### Adjust Diet

To gain control of uric acid levels, avoid eating foods high in purine, the chemical responsible for forming uric acid in the system. Red meat, seafood, organ meats and some beans are all high in purines. Refined carbohydrates and vegetables such as asparagus, peas, mushrooms and cauliflower, should also be avoided.

#### Avoid Fructose

Limit your soda consumption. In an article on the Arthritis Today website, researchers found men who drank more than six servings of high fructose soft drinks each week, increased the occurrence of gout. Although diet soda is not implicated, fruit juices and other sugary drinks are.

#### Limit Alcohol

Because alcohol dehydrates the body, it is advisable to limit consumption, particularly when consumed with foods high in purine. Although consumption of wine doesn't seem to affect uric acid levels, the high yeast content of beer makes it particularly suspect. Beer drinkers are advised to limit intake or eliminate it from the diet altogether.

- #### Reduce Inflammation

To reduce uric acid concentration, the University of Maryland Medical Center advises adding cherries, blueberries and strawberries to your diet. Bromelain, found in pineapple, is a digestive enzyme with anti-

inflammatory properties that inhibits the proteins responsible for inflammation. Celery, a natural diuretic, helps alkalize your blood and decrease inflammation. Try a thimble full of seeds each day or take it in supplement form.

## Body Weight

When combined with a diet high in purines, extra body weight is related to high uric acid levels, but rapid weight loss is also a factor. If you are overweight, it is best to avoid crash dieting. Develop a gradual weight-loss program to prevent an increase in uric acid levels.

## Water

Keep your body hydrated. Although the body easily adapts to low water intake, optimum hydration is necessary to eliminate uric acid from your system. Water dilutes uric acid levels in the blood, and stimulates the kidneys to pass on waste products to the bladder. Recommendations vary, but a good rule of thumb is to divide your body weight by two, to determine the number of ounces appropriate for daily intake.

## Mind Your pH

According to Medline Plus, high acid levels in the blood, called acidosis, is associated with the body's uric acid level. A pH level less than 7 is considered to be acidic. To keep your body alkaline, add apples, apple cider vinegar, tart cherry juice, baking soda and lemons to your diet.

\*\*\*\* to pick grass for grass smoothie or tea make sure it is the quick shot up often spiralling leaves, thin and fresh.

**3 consultations from me to begin with at 880 peso (\$40) each. Hand written research documents on your 1 illness. Weekly\*3. 2640 peso complete payment. Benjamin couwenberg. 099189103.**

**paypal [benjamc3@live.com.au](mailto:benjamc3@live.com.au)**

**Email: [benjamc3@yahoo.com](mailto:benjamc3@yahoo.com)**