# GOUT

**Gout is a form of arthritis with pain and swelling usually in the big toe but it is also a kidney problem. It s a crystal deposition disease hallmarked by elevated levels of uric acid in the bloodstream. The crystals of monosodium urate or uric acid are deposited on the articular cartilage of joints, tendons and surrounding tissues. It is marked by transient painful attacks of acute arthritis initiated by crystallization of urates within and about the joints and eventually leads to chronic gouty arthritis and the deposition of masses of urates in joints and other sites, creating tophi. Gout results from a combination of prolonged elevation of uric acid and overall acidity in the bloodstream. In isolation, neither elevated uric acid nor acidity is sufficient to cause gout.**

## MOST IMPORTANT IS THE DAILY DIET (low uric acid, low purine)

**AVOID all purine and uric acid producing foods:**

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| all meat | eggs | fish | milk | sugar |
| seafoods | lentils | beans | alcohol | |

**ALSO AVOID:**

| | | | |
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| salt (you need ¼ tsp a day) | coffee | wheat (except in sprouted form) | |
| peas | mushrooms | alcohol | brewers yeast |
| fructose | asparagus | spinach | supplements with organ tissue extracts |
| | niacin (use niacinamide) | | |

### TO HELP:

- **juice fasting (although sometimes seems to worsen the condition) helps clear up gout. Do 3-4 day fasts**
- **cherries help alkalize the system and neutralize uric acid. Eat them in large quantities, esp. during season, preferably on an empty stomach between meals. Sour cherries are best. Drink back cherry juice (no sugar added) if you can't get the fruit.**
- **grapes, blackberries, blueberries, bilberries**
- **lots of vitamin C (if your stomach can handle it, take 3-6 grams Vit. C)**
- **vegetable broth (2 glasses a day will help)**
- **foods high in potassium give some protection: potatoes, bananas, leafy green vegetables, green beans, raw vegetable juices, carrot juice, eating celery can be very helpful as an anti inflammatory.**
- **Best foods: celery. Celery seed extract. Also: onions, beets, parsley, carrots, basil, lettuce (romaine), tomatoes, zucchini, jalepeno, cabbage, spaghetti squash, kale, chard, dill, cilantro, garlic.**
- **increase water to 10 glasses a day (dehydration increases risk of urate crystals forming)**
- **1 Tbsp apple cider vinegar and 1 tsp honey in 2/3-1 cup water as often as you can throughout the day.**

## HERBS TO HELP:

**- Sarsaparilla (the endotoxin binding capability helps reduce the endotoxins that are absorbed through the intestines, helping gout and arthritis.**

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| - Juniper berries | - Comfrey | - Alfalfa | - Birch leaves | - Celery seed |
| - Ginger fomentations | - Parsley | - Yarrow | - Carrots | - Dill |
| - Camomile | - Mints | - Cilantro | - Garlic | |

**Combine two or more of these herbs for a tea combination: Uva Ursi, Buchu, Dandelion Root, Goldenrod**

## DAILY VITAMINS AND SUPPLEMENTS TO HELP:

- **3-6 grams Vitamin C**
- **400 to 1,200 IU Vitamin E depending on age and heart condition (higher dosage for older people)**
- **B complex high potency**
- **2 tablets potassium bicarbonate**
- **10-15 tablets of alfalfa**

- **a multi-vitamin-mineral pill**
- **1 tsp baking soda in a glass of water, twice a day (helps alkalanize the body)**

## HOW TO LOWER URIC ACID FAST DURING AN ATTACK!

**<u>If it is for the whole body:</u>**
**Put 1-2 qt cider vinegar in the tub of body temp. water, soak for 1/2 hr, get out of tub, rest 30 minutes and return for another 30 minutes adding hot water to warm it up.**
**If a tub is not available rub vinegar on sore area (not as good as bath).**
**If pain is excruciating use 1/2 gallon vinegar in a tub of water and soak at least an hour. If you don't have a tub you can cover afflicted area with straight vinegar but it is not as effective.**

**<u>For just the toes/feet:</u>**
**A quart of vinegar can be put in a bucket with about 1/2 gallon water, enough to cover ankles, soaking feet for an hour or so.**

**Eliminating serious symptoms of uric acid, gout or spurs from a long standing condition of alkalosis and preventing recurrence may take 3 months. Control alkalinity, try to keep slightly on the acid side of the scale. A little vinegar and honey can help as well as the formula for the acid-alkaline balance. Lemonade or an apple cider vinegar drink may be drunk, or use Ammonium Carb (homeopathic) to help stabilize the cells. Homeopathic formula "Gout" can also be helpful.**

## HYDROTHERAPY (WATER THERAPY):

- **using alternating hot and cold baths or showers will stimulate circulation.**
- **warm baths can be taken with two pounds of epsom salts added which aids in elimination and to eases pain.**
- **just taking a baths in the evening or during times of pain will help.**
- **cold water is seldom used because of a rebound reaction that occurs. Cool water however can help when there is excessive heat and inflammation. Hot water is used to increase circulation and body temperature or where there is not enough blood in an area.**
- **if you feel tired after water therapy, rest 45 minutes.**
- **try a sitz bath with oat straw tea added. Keep the head and feet out of the tub, just submerging the abdomen.**
- **you can keep the head and feet warm with towels or blankets. If you have a slight fever, keep the temperature between 90-95F. If your temperature is normal, you can have the water at 60-70F. Do twice a day for 1 to 10 minutes. First thing in the morning and just before bed is recommended.**
- **if you take a warm bath, follow it with a cool bath,**
- **having a hot foot bath helps draw out impurities. Have the water 100-105F and add a handful of epsom salts. Soak for 12-20 minutes, follow with a cool (not cold) application of water for one minute.**

## CLEANSING:

- **if you haven't cleansed before, start with only a couple of days, then the next time do a few more until you can do 2 weeks.**
- **juices help neutralize toxins and help elimination them through the kidneys and liver. Drink 1-2 cups freshly squeezed fruit or vegetable juice between meals (one-half hour before or 1 hour after meals). It is a good idea to dilute them 25-50% with distilled water. Drink no more than 4-8 ounces at a time. Try and "chew" the juices before swallowing. If gas or bloating occurs, cut down on the amount taken or delete them altogether and substitute vegetable broths or distilled/purified water. If gas and bloating is still a problem, use enemas.**
- **Liquid chlorophyll is one of the best blood purifiers. Drink 2 ounces twice daily during this cleanse. It is best taken on an empty stomach 1/2 hour before or 1 hour after a meal. If it upsets the stomach, mix it with apple, orange or pineapple juice.**

- **Herbs can be taken that help purify the blood. Also enemas (or laxatives if you must) are importing to keep the toxins moving out of the body.**
- **if you experience: nausea, headaches, burning feet, fatigue. Part of the reason is the amount of toxins in your body. To help overcome these, you can use hydrotherapy. When there is body odor or minor skin problems, soak in a warm tub of water for 20-60 minutes with 1-4 pounds epsom salts added to help draw the poisons from the blood and take stress off the liver and kidneys. Then brush the skin after it is dried with a natural bristle brush or loofa or activate the lymph flow and circulation.**
- **rest as much as you can during the cleansing diet and do only light exercises, such as moderate walking**
- **if you skip a meal, substitute 1-2 cups fresh squeezed juice**

## Cleansing Diet:

**Breakfast**

- **1/2 hour before drink 1 heaping tsp psyllium seed powder in 8 ounces of orange or pineapple or apple juice quickly before it thickens. If bloating occurs use enema or herbal laxatives for a few days (cascara sagrada in herbal formula eg. Wild Rose LBT3).**
- **1/2 pound or more of Fresh Fruit (not bananas or avocados)**
- **no coffee, tea, or other liquids**

**Noon Meal**

- **1/2 hour before drink same as did at breakfast**
- **Fresh vegetable salad, dressing made with cold-pressed olive oil (optional) and lemon juice**
- **no beverages or dessert**

**Evening Meal**

- **1/2 hour before dinner drink 2 cups vegetable broth (boiled vegetables, strained and retain the broth to drink)**
- **Fresh vegetable salad, olive oil/lemon juice dressing**
- **2-3 vegetables steamed 5 minutes. You may season with oregano, basil, dill, rosemary, thyme.**
- **1 slice whole wheat bread or unleavened bread, eaten plain**
- **no beverages or desserts**

**2 Hours after Evening Meal:**

- **1 heaping teaspoon of psyllium seed powder in 8 ounces juice to help bowel movements flow.**

## Blood purification remedy for gout

- **Go on a three day carrot and apple juice fast.**
- **Take an enema every morning.**
- **After the fast use the cleansing diet listed above for 7-10 days.**
- **Change from, an acid producing diet to an alkaline diet (ask for sheet)**
- **Avoid all meats, poultry, fish, dairy, refined foods, coffee, tea, sugar, salt**
- **Drink the juice of a potato in warm water every morning**
- **Use spirulina and seaweeds like kelp and dulse daily (can obtain at a health food store)**
- **Take 2 Chaparral tablets every 3-4 hours; Take 20 drops of echinacea tincture four times daily to clean kidneys, blood and ease the pain; Take 20-40 wheatgrass or alfalfa tablets during the day with meals or on an empty stomach to help produce alkalinity.**

### GRAPEFRUIT SEED EXTRACT

**Grapefruit Seed Extract is a broad spectrum antibacterial, antimicrobial, antiseptic, antiviral, antiparasitic. Can use for H. Pylori, Staph, Shigella, Giardia, Haemophilus influenza, Campylobacter, Candida, E coli, Strep, Salmonella, Klebsiella, Cholera, Herpes.**

**To make your own grapefruit seed extract, grind the seeds well. Add overproof alcohol to mix in without it becoming soupy, more like damp sawdust; let stand 24 hr covered. Add 70% veg. glycerine and 30% spring or distilled water in a 1:3 ratio eg if have 1- oz grapefruit seeds, you need 30 oz liquid of which 21 oz will be veg. glycerine and 9 oz will be water. Add liquid to grapefruit seed and alcohol mixture, mix well, let stand 2 weeks. Strain, pressing liquid out of pulp. Store in amber bottle in cool dark area. It is extremely bitter but you can mix with orange or grapefruit juice. 1 drop extract per 2 pd body weight can be used.**