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Folk Remedies for Gout and reduce uric acid.

Dr. Mason recommends that you discuss with your primary physician prior to the start of any of the listed remedies for any contraindications with your current medication or medical conditions.

Alfalfa- is a good source of minerals and other nutrients that help reduce serum uric acid.

Apple cider vinegar- Soak the foot in a mixture of ½ cup of apple cider vinegar with three cups of hot water.

Bilberry- is high in anthocyanosides and flavonoids, which are helpful in overcoming gout.

Black cherry juice- Get some natural, concentrated black cherry juice and drink several tablespoons of the concentrate daily. You should expect relief within 48 hours.

Blueberries- are high in anti-inflammatory compounds called anthocyanins, which helps ease the pain of gout.

Cherries- Eating 6-8 cherries daily will relieve the symptoms of gout. Frozen and canned cherries may also be used. Cherries have an enzyme that neutralizes uric acid and are high in anthocyanins which have high antioxidant properties as well as anti-inflammatory action.

Garlic- eat several cloves of raw garlic daily.

Grapes- are high in alkalines which lessen the acidity of uric acid and aid in its elimination from the body.

Parsley- acts as a natural diuretic.

Spearmint- make a poultice of spearmint leaves and wrap the affected area.

Strawberries- eating a cup of strawberries with each meal should bring quick relief. They neutralize uric acid.