**Prevent Gout and Joint Pain by Removing Uric Acid Crystallization From Your Body. Here is How**

**  October 12, 2016 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/) | **  0 | **  admin

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Gout is a serious health issue, characterized by intense, sharp pain, and stiffness and swelling in the joints. It occurs due to improper uric metabolism, which causes arthritis in the tiny bones of the feet.

Therefore, the improper removal of waste leads to the accumulation of uric acid in the joints. The elevated levels of uric acid in the blood represent hyperuricemia, which is a common problem in the case of gout.

Yet, it does not necessarily mean that in the case of hyperuricemia, a person will develop gout as well.

In the case kidneys are not able to eliminate the uric acid from the body properly, it creates deposits in the joints, which trigger inflammation. Luckily, there are many natural remedies which can help you prevent the [crystallization of uric acid.](http://www.healthyfoodhouse.com/effectively-prevent-gout-joint-pain-removing-uric-acid-crystallization-body/)

Initially, in order to prevent these issues, you need to incorporate certain changes in the lifestyle, such as your diet. Namely, you should consume more lean meat, vegetables, fruits, whole grains, and reduce the intake of alcohol, sugars, and processed foods.

Moreover, you should also drink plenty of water, as the body will thus be properly hydrated, and will be able to naturally remove uric acid, waste, and toxins. Additionally, drink tea, fresh juices, and reduce your stress.

**Furthermore, the pain and swelling caused by gout can also be relieved with the use of some really effective natural remedies as follows:**

**-Baking soda** is extremely efficient in the case of gout. You should add half a teaspoon in half a glass of water, and drink it regularly. Also, in the case of gout attacks, you should take a teaspoon of this mixture.

**-Apple cider vinegar** is another effective gout remedy, as it alkalizes the body, due to the malic acid in it. Malic acid dissolves uric acid and eliminates it from the body. You should add a tablespoon of organic apple cider vinegar to a glass of water, and drink this solution twice a day, before your lunch and dinner.

**-The negative effects of gout can be prevented or reduced by alkaline foods and drinks, such as lemon juice.** These foods prevent the deposits of uric acid. You should squeeze half a lemon in a glass of lukewarm water, and drink it on an empty stomach in the morning.

**The following three foods are extremely beneficial in the case of gout:**

* Turmeric is extremely useful, as its active ingredient, curcumin, has potent anti-inflammatory properties, and protects the kidneys.
* Flaxseeds reduce the levels of uric acid in the body and provide numerous other health benefits.
* The active ingredient in pineapples, bromelain, has strong anti-inflammatory properties, and also acts as an analgesic agent.

Source/Reference: [www.healthandlovepage.com](http://www.healthandlovepage.com/remove-uric-acid-crystallization-prevent-gout-joint-pain/)  
Other included sources linked in Health And Love Page’s article:  
[My Healthy Training](http://www.myhealthytraining.com/index.php/2016/01/27/how-to-quickly-remove-uric-acid-crystallization-from-your-body-to-prevent-gout-and-joint-pain/)