



Natural Herbs
That
Can Help
Your
GOUT

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Contents

Natural Herbal Remedies That Can Lower Uric Acid 1

Types of Herbal Remedies that lower uric acid in the body 1

Minimizing the Production of Uric Acid 2

 Herbal remedies for inhibiting Xanthine Oxidase 2

 Herbs Inhibiting Xanthine Oxidase 3

 Herbal Remedies for Increasing the Excretion of Uric Acid 6

 Herbs for Increasing the Excretion of Uric Acid 7

Licorice Roots 7

Cortex Raxini 7

Ningpo Figwort Root 7

Honesuckle Flower 7

Tangkuie Chinese Angelica 8

Mangiferin 8

Mulberroside A 8

Four Valiant Deoction 8

Smilx China L 8

Smilx China L 8

6 Natural Herbs That Can Help With Your Gout 9

 Celery Seeds 9

 Turmeric 10

 Dandelion 10

 Bromelain 11

 Milk Thistle 12

 Chanca Piedra 13

In Summary 13

Natural Herbal Remedies That Can Lower Uric Acid

Natural uric inhibitors are usually a common option for gout sufferers. Most of the patients prefer such herbal remedies for gout because they are not only effective for the treatment and management of the condition, but also because they don't come with the harmful side effects associated with their pharmaceutical counterparts. However, patients searching for natural herbal remedies are usually bombarded with volumes upon volumes of information, including a plethora of unfounded myths which end up making them frustrated and confused such that they end up doubting if there are genuine herbal remedies for gout.

But before you get lost in the sea of information or even get discouraged from continuing with your research for the right herbal remedies for gout, you should take delight in the fact that there are several scientific studies that have documented various herbal remedies for gout. Your duty then, is to go through the different options and choose the most appropriate ones the greatest relief.

When considering any type of gout treatment – herbal or otherwise, it is important to have in mind that these medicines serve two primary functions. They are used either to relieve gout pain or they are used to lower uric acid in the body. The primary focus of this eBook is the latter and we desire to look deeply into the specific natural herbal remedies which can be used to lower the levels of uric acid in the body. You will realize that most of the gout medications you will encounter are designed to serve either or both of the functions.

Types of Herbal Remedies that lower uric acid in the body

People have been using herbal remedies for gout treatment even before the advent of modern pharmaceuticals. It will interest you to know that most of the gout medicines being prescribed these days are nothing but isolated concentrations of medicinal qualities of certain herbs which have been used since time immemorial in the treatment of gout. Most the herbs being used have been studied and cultivated over thousands of years, and this has resulted in adequate knowledge

about the specific parts of the plants or herbs with higher medicinal potency. These parts could be the roots, leaves, seeds, the bark or sometimes the stems of the plant.

When it comes to the herbal remedies for lowering uric acid in the body, there are two distinct ways through which this can be achieved and all these methods have specific herbs already proven to work very well in lowering the levels of uric acid. The levels of uric acid can be lowered by minimizing the production of uric acid or increasing the removal or excretion of uric acid from the body. We delve into each of the methods below and also look at the specific herbs proven to get work done in each case.

Minimizing the Production of Uric Acid

Under ordinary conditions, uric acid is a normal chemical inside the body and it is usually in “fluid” state. But when there is excess uric acid in the body, it can solidify into sharp solids which will then lodge into the body joints to create to inflammations leading to the dreaded gout attacks.

The enzyme responsible for the production of uric acid is known as Xanthine Oxidase. One way to minimize the production of the acid is essentially to inhibit Xanthine Oxidase so that it doesn't produce a lot of uric acid.

This is the same mechanism that most of the gout medicines such as allopurinol work, though such drugs have horrific potential side effects and some people will never dare take them. But the good news is that there are a plethora of herbal remedies which inhibit the functioning of Xanthine Oxidase just in the same manner as allopurinol and they are not associated with the deadly side effects as seen in the use of allopurinol. So effective are some of these herbal remedies that they can inhibit the production of Xanthine Oxidase enzyme by up to 87%.

Herbal remedies for inhibiting Xanthine Oxidase

In this section, we will discuss in summary some of the herbal remedies used for gout treatment and which have been documented to limit or inhibit the working of Xanthine Oxidase. Some of them will be Greek to you but you shouldn't worry about that. Some are from Europe and

Americas, but the majority of them are from China and Asia since these are the places where herbal medicine have been extensively cultivated and studied.

You will be excited to know that all these herbal remedies are available to you irrespective of your location or where you live on earth. If you cannot access them in your local stores, you can order some or all of them effortlessly from online stores and they will be delivered directly to you via mail.

Please note that the list of the herbs for inhibiting Xanthine Oxidase is very long and I have presented to you just the most potent herbs. The list begins with the most potent ones going down towards the least potent ones. They are as follows:-

1. Larix Larichina, also known as Tamarack, and it has the highest inhibition at 86.33% compared to allopurinol.
2. Pistacialentiscus, commonly known as Mastic has 72.74% inhibition rate
3. Salvia Spinosa L. with an inhibition rate of 71.5%
4. Chrysanthemum Corronarium L has an inhibition rate of about 57.3%
5. Flaxinusangustifolia with an inhibition rate of 53.92%
6. Anthemis Palestina Boiss, commonly known as Israeli Chamomile with an inhibition rate of 51.5%.
7. Achillea biebersteinii Afansiev, also known as Yellow Milfoil, with an inhibition rate of 45%
8. Rosmarinus officinalis L, commonly known as Rosemary and has an inhibition rate of 42%
9. Ginko biloba L, commonly referred to as Ginko and showed an inhibition rate of 39.2%
10. Lavandula Angustifolia Mill, also known as Lavender and has a 28.7% inhibition rate
11. Heliathemum ledifolium, related to Sunrose, Rock Rose, and Rushrose and at 28.4%
12. Majorana syriaca Kostel, commonly referred to as Marjoram and has a rate of 25.1%
13. Mentha Spicata L, also known as spearmint and has an inhibition rate of 22.5%.

Herbs Inhibiting Xanthine Oxidase

Larix Larichina



Pistacialentiscus



Salvia Spinosa



Chrysanthemum Corronarium



Flaxinusangustifolia



Anthemis Palestina Boiss



Achillea biebersteinii Afansiev

Rosmarinus officinalis L



Ginkgo biloba L



Lavandula Angustifolia Mill



Heliathemum ledifolium



Majorana syriaca Kostel



Mentha Spicata L



Mentha Spicata L



The herbal remedies for gout are many in number and all of them cannot be listed in this summary. To check out all of them, feel free to see the link [here](#).

Herbal Remedies for Increasing the Excretion of Uric Acid

The other way to prevent gout attack is to increase the excretion process of uric acid from the body. The body might end up with too much uric acid because too much of it is produced or because not enough is eliminated from the body, hence there is always a substantial amount of the acid in the body. The latter however, is the primary reason for too much uric acid in the body and this can be attributed to the improper functioning of the kidney.

The main focus of the herbal remedies for increasing the excretion of uric acid in the body thus revolves around nourishing the health and the proper functioning of the kidney and also to stimulate the faster excretion of uric acid.

The list below contains herbs which have been scientifically studied and proven to increase the excretion of uric acid from the body. Just like with the previous list, these are not all of the herbal remedies, but a few of them which showed good results as far as eliminating uric acid from the body is concerned. They are as follows:-

1. Licorice roots
2. Cortex Fraxini, commonly known as Ash Bark
3. Ningpo figwort root

4. Honeysuckle flower
5. Tangkuei Chinese Angelica
6. Mangiferin, a chemical compound present in mangoes
7. Mulberroside A
8. MSD, also known as Four-Valiant Decoction
9. Smilx China L

Herbs for Increasing the Excretion of Uric Acid

Licorice Roots	Cortex Raxini
 <p>A photograph showing several pieces of licorice root, which are long, thin, and brownish with a slightly textured surface.</p>	 <p>A photograph showing several pieces of Cortex Raxini, which are irregular, light brown, and fibrous in appearance.</p>
Ningpo Figwort Root	Honesuckle Flower
 <p>A photograph showing several pieces of Ningpo Figwort Root, which are long, thick, and brownish with a wrinkled texture. A small scale bar is visible in the bottom left corner.</p>	 <p>A photograph showing a cluster of yellow honeysuckle flowers with long, prominent stamens, set against a background of green leaves.</p>

Tangkuie Chinese Angelica



Mangiferin



Mulberroside A



Four Valiant Decotion



Smilx China L



Smilx China L



6 Natural Herbs That Can Help With Your Gout

Did you know that Benjamin Franklin suffered from gout? Actually gout affects about 2% of the general population.

Gout is an arthritic condition of the joints which strikes the foot from the big toe to the heels, knees, ankles, fingers, wrists, and elbows. This is due to an impaired transportation of uric acid to the kidneys where instead of excreting it in urine, uric acid accumulates in the blood stream and results in a gout attack.

Gout has many causes but it is often attributed as a hereditary condition. There is no known ‘straight up’ cure for gout yet, but it can be prevented before it starts by selecting the right kinds of food, drinks, and medication, and avoiding ones that make the inflammation worse.

To help relieve your gout the natural way, we list down the 6 best herbs that help lower uric acid levels and fight inflammation.

Celery Seeds

Celery seed is a very potent herb for gout pains as it contains several [strong anti-inflammatory properties](#) like luteolin and apigenin. Several other compounds like omega-6 fatty acids and coumarins in combination with the flavonoids also work together to fight conditions like gout.

Celery seed can be taken naturally, as a tablet or as an extract. The recommended dosage for the tablets is 500 mg to be taken twice a day. Be sure to drink lots of water after taking celery seed as it is still a diuretic.



Turmeric

Turmeric is a superfood which contains an active compound called curcumin. [Curcumin by itself is anti-inflammatory, antiviral, antioxidant, antifungal, antibacterial, and antitumor.](#) This makes it the perfect remedy for many ailments but only recently has it been used to treat gout.

Turmeric prevents chronic inflammation by minimizing xanthine oxidase activity, the enzyme responsible for producing uric acid. It can be taken as a tea, capsule, or tablet. The recommended dosage of a standardized extract is 300 mg to 600 mg taken 3 times a day.



Dandelion

The root of dandelion is a very effective remedy for gout as it contains vitamins C, B complex, and D, and is rich in beta-carotene and protein. On top of that, it also possesses potassium, magnesium, fiber, zinc, biotin, phosphorus, and iron.

All of these properties combined help in [removing excess uric acid from the blood stream and eliminate toxins from the liver](#). During a gout attack, the essential fatty acids and phytonutrients found in dandelion root can also help relieve inflammation and swelling.



Bromelain

Bromelain is an enzyme found in pineapple stem that [helps with the body's blood circulation](#) by obstructing production of the same compounds that cause swelling and pain. This makes it the perfect remedy for strain-induced gout because it allows the uric crystals to decompose.

Bromelain that come in the form of 500 mg capsules can be taken twice a day to prevent gout attacks. It may also be taken during a gout attack every three hours until the pain subsides.



Milk Thistle

The seed of milk thistle contains a flavonoid called silymarin which is both an anti-inflammatory and an antioxidant. It helps rid your body of toxins that build up in your liver; by [having a healthy liver](#), it's easier for uric acid to metabolize and pass through as urine instead of building up in your bloodstream which can result in gout pain.

Milk thistle can be taken as tea or as a supplement. You can also add the seeds to some of your recipes.



Chanca Piedra

Chanca Piedra is a tropical plant grown in the Amazon rainforest, is an important plant that helps treat liver and kidney problems and is widely used to fight kidney stones and is termed as the stonebreaker. Chanca Piedra helps gout sufferers since it helps increase bile secretion of the liver. This helps you with digestion helping eliminate waste and to better absorb nutrients you consume. So chanca piedra can help rid your body of painful kidney stones and even prevent them in the first place, which we gout sufferers are at a high risk of eventually developing if we don't take the necessary preventative measures.



In Summary

We suggest you try to incorporate these herbs into your daily routine by adding them to recipes or taking them in pill form. You should start feeling the difference relatively quickly as well as become more compelled to find other natural solutions that help with gout pain.

Would you like to have a product that carries all of these 6 key ingredients in one capsule?

[NutriGout is available and on sale on Amazon.com.](https://www.amazon.com/NutriGout)



ORDER ON AMAZON NOW

In conclusion, these are the two main types of herbal remedies for gout which works by reducing the level of uric acid in the body either by minimizing its production or increasing the rate at which it is excreted from the body. Though most of the herbal remedies sound exotic or foreign, they are very much available and you can always get them from the local herbal stores or order them over the internet and they will be delivered to your home.

Therefore, if you are the kind of gout sufferer who is not comfortable with taking gout pharmaceuticals, or maybe you are a person of superior wisdom who doesn't subscribe to the modern medicine, these herbal remedies will give you the much needed alternatives.

[NutriGout is the answer!](#)

NutriGout is GoutandYou.com author & blogger Spiro Koulouris' own proprietary blend that includes these 6 key ingredients so you can keep your uric acid levels healthy! If you suffer from gout, you're going to want to try NutriGout today!