

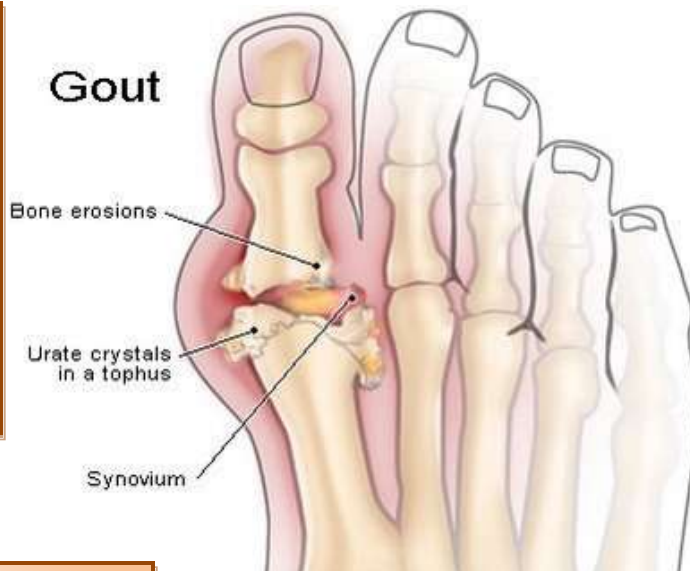
# GOUT

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## Definition

A metabolic affliction due to excessive uric acid in the blood deposits urate of sodium in and around the joints. This is associated with the high blood level and decreased urinary excretion of uric acid, and is often accompanied with fever and excessive increase in leukocytes.



There may be intermittent and sudden attacks of acute, painful arthritis that last from a few days to a few weeks.

These attacks come at night and usually affect only one joint. The first joint involved is usually the great toe, and the afflicted joint may be hot, red, tender, with the adjacent skin being very shiny.



When there are repeated attacks, degeneration of the joints may occur, resulting in deformity. This is accompanied with indigestion, flatulence, constipation, heart trouble, and scanty urine (sometimes red). The ankles and knees may swell as the problem progresses.

## Cause

This condition is caused from overloading the system with improper foods. If the general living habit is not changed, the condition that starts on the great toe will go into various parts of the foot and ankle and sometimes into other parts of the body.



Babies may be born with gout or rheumatoid arthritis, although it is usually caused by improper diet.



The author himself was gout with rheumatoid arthritis from the time he was able to walk. Gout is always rheumatoid arthritis, but rheumatoid arthritis is not always recognized as being gout because at times it comes to different parts of the body instead of just the foot.

## Herbal Aids

The eliminative organs must be improved.

**Drink apple cider vinegar with honey**

**Bathe the affected area in hot apple cider vinegar.**

To speed healing, take MCP pectin (one teaspoonful three times a day).

Herbal teas work well to relieve pain.

Tincture of lobelia with apple cider vinegar baths on the afflicted parts is very good.

A good herb combination is equal parts of skullcap, valerian, and yarrow taken in tea form to assist in freeing the toxic waste from the tissues and to eliminate the waste through the various excretory organs.

