

Help for Gout:

Gout can feel like stepping on shards of glass, the pain is formed by increased uric acid that forms into crystals in these areas where you feel the pain such as the feet, because they are cooler than the central part of the body and uric acid crystallises at cooler temperatures. Many people have high uric acid without actually having an attack of gout. They usually report feeling stiffer and sorer than is usual but have just learned to adapt to it.

Uric acid is normally present in the blood because it is a by-product of cells breaking down and because everyday foods contain elements that form into uric acid. Uric acid levels become abnormally high **when the kidneys can't eliminate enough of the acid in the urine.**

The current standard medical treatment for acute gout is giving some form of *colchicine*, the anti-inflammatory drug originally isolated from the plant *Colchicum autumnale* (autumn crocus or meadow saffron). Colchicine does not actually affect uric acid levels; rather it stops the inflammatory process by **inhibiting** the spread of neutrophils into the area of inflammation.

Now, inhibiting the spread is not necessarily treating the cause.

A treatment of cleansing herbs, which may well help include herbs such as Celery seed, Nettle leaf or Burdock, nearly always sees a significant improvement in general health **and** a return to normal of the uric acid levels.

See the recipe below for one option of how to go about that but, because not everyone will be able to drink large amount of Celery seed tea.



Celery seed

Extracts of Celery seed are renowned for their ability to **help remove** acid wastes from the body. Even consuming celery as a food will go some way to help remove excess acids from the system but, for people who have chronically elevated blood uric-acid levels, a regular dose of celery-seed extract will be highly likely to help,

The main action of celery seed is through an oil called 'apiol'. This is largely what gives celery its distinctive smell.

Place 15 grams of Celery seed in a saucepan with 1 large cup of water.

Briefly bring the Celery seeds to the boil, cover the saucepan and then allow the mixture to cool for about 5-7 minutes, then strain off the liquid from the seeds and drink. You may find it helpful to dilute it with some cool water if it is too hot or too thick to be taken easily and quickly.

In acute gout, this tea should be made fresh and drunk twice a day for two days to assess if it is the right treatment for you. This would mean taking 30 grams of Celery seed by infusion over the course of a day in two divided doses. If it works then it will work well, meaning it should have been able to reduce the symptoms of gout by at least 70-80%.

Remember that, if it has worked well, you may wish to continue the Celery seed tea or extract, but that a much smaller dose should now be required i.e. 1 or 2 tsps of the herb in a tea.

An experienced colleague, Ben Zappin, wrote on one of our herbal forums recently *'I've been impressed dozens of times by the benefits of celery seed tea alone. I've worked with a few men over the years who refuse to change their diet and/or stop drinking, and they find the relief the tea provides strongly preferred to taking Colchicine which they have reported to me leaves them feeling useless and depleted for several days'*



Nettles is equally another herb with a long traditional use for helping gout, amongst other problems, and studies have shown that it significantly increases the excretion of uric acid from the body.

Nettles works completely differently to Celery and a person who does not respond rapidly to Celery seed may respond to Nettle leaf, and vice versa. Some people will prefer to cover their bases and use both herbs in an acute flare-up. If you do that, and the condition rapidly responds, then you have the happy problem of not knowing what helped the most, something that could be worked by using one or the other in a less acute situation.

A strong tea of Nettles for acute gout can be made in a similar way to the above recipe. Take 15 grams of Nettle leaf, place it into a litre of freshly boiled water and allow to steep for 10 minutes before straining off the tea. This is enough for a whole day's treatment and it is best to divide the dose into at least two, or three cups. It can be drunk warm or cool with no difference to the



Burdock Root: Nothing works for everyone, and if Celery seed and/or Nettles do not prove to be effective then there are several other options that may be of help.

~ For example, experienced herbalist Phyllis Light, from the Appalachian Centre for Natural Health writes *'I've had great results using burdock decoction to reduce gout. Burdock decoction (about 2 tablespoons of burdock root decocted in pint and a bit of water which is effectively just simmering), bring to boil then reduce heat for 15 minutes. This pint is about 2 days' worth drinking a cup a day.'*



Cherries also help and *also cut way back on meat and alcohol. Easy and seems to help.*

Cleansing and healing the system

If you get gout, then it is highly likely that you also need to have a deep clean-up of your whole system.

For this I recommend out cleansing tea, and adding calendula tea into your daily routine will also help. Calendula is an excellent internal healing herb.

IF YOU HAVE ANY CONCERNS ABOUT USING ANY OF OUR PRODUCTS, PLEASE CONSULT WITH A MEDICAL PRACTITIONER. AND IF YOU ARE BREASTFEEDING, PREGNANT OR ON ANY MEDICATIONS, ALSO CONSULT WITH A MEDICAL PRACTITIONER PRIOR TO USE.