

Cherries - A Natural Treatment for Gout

Cherries are a simple and inexpensive natural treatment for gout. There are many different ways that cherries can be taken for gout. Usually, relief from pain comes quickly when this treatment is used.

What Kind of Cherries Can I Use for Gout?

The good news is that a variety of forms of cherries are useful to those who suffer from gout.

Cherry Juice

Cherry juice, found at the grocery store or health food store, can be taken twice daily for a gout flare-up. You may discover cherry juice, black cherry juice, or cherry juice concentrate. All of these are appropriate. Do check the label to make sure the juice is all cherry juice and not another juice with some cherry juice for flavor. Also, avoid any juice that has added sugar or artificial sweeteners. Start with 1/4 cup twice a day and increase the amount only if needed.

Fresh Cherries

Often medication for health problems is not pleasant. But when you "let your medicine be your food and your food be your medicine," the cure can be quite delightful. If you can find fresh cherries at your grocery store, try 1/4 cup of cherries several times a day. If you are prone to gout, making cherries a part of your diet may reduce your flare-ups' frequency.

Canned Cherries

Many grocery stores will have canned cherries packed in water. These cherries also work for gout. Try to consume the can of cherries over the day.

Cherry pie filling is an option for gout treatment, but should only be used if no other reasonable cure is close at hand. Cherry pie filling contains a lot of sugar, which can aggravate gout. It often also contains food dye.

Cherry Powder

Online and in health food stores, you can find cherry powder in capsules. Cherry powder also works for gout. Cherry powder capsules can also be taken regularly to prevent gout flare-ups.

Side Effects of Cherries for Gout

If your body is not used to eating a lot of fruit and you suddenly eat an entire can of cherries, your gut may be quite surprised. There is a possibility of bloating, gas, loose stools, and stomach cramps with a sudden change in the amount of fruit that you consume.

Keep reading to see how successful cherries have been for our readers and let us know if this home remedy worked for you.