

GOUT

(See also [KIDNEY DISORDERS](#))

(for pain, see [JOINT STIFFNESS AND PAIN](#))

Gout is a disease marked by abrupt, temporary bouts of joint pain and swelling that are most evident in the joint of the big toe. It can also affect the wrist, elbow, knee, ankle, hand, and foot. As the disease progresses, pain and swelling in the joints becomes more frequent and chronic, with deposits called tophi appearing over many joints, including the elbows and on ears.

Gout is characterized by accumulation of uric acid crystals in the joints caused by excess uric acid in the blood. Uric acid is a byproduct of the breakdown of protein that is normally excreted by the kidneys into the urine. To reduce uric acid concentrations, it is necessary to support the kidneys, adrenal, and immune functions. It is also necessary to detoxify by cleansing and drinking plenty of fluids.

Excess alcohol, allergy-producing foods, or strict diets can cause outbreaks of gout. Foods rich in purines, such as wine, anchovies, and animal liver, can also cause gout.

Single Oils:

Geranium, ledum, carrot seed, celery, juniper, Roman chamomile, lemon

Blends:

PanAway, JuvaFlex, Juva Cleanse

Gout blend:

- 10 drops geranium
- 8 drops juniper
- 5 drops rosemary
- 3 drops Roman chamomile
- 4 drops lemon
- 8 drops tea tree

EO Applications:

INGESTION:

CAPSULE, 0 size, 3 times daily for 10 days, then rest 4 days,

repeat as needed

RICE MILK, 3 times daily

TOPICAL:

NEAT, gently massage 1-3 drops on affected joints 2-3 times daily

Dietary Supplementation:

Thyromin, Essential Manna, Mineral Essence, Super C, Super Cal, ArthroTune, VitaGreen, Sulfurzyme, Cleansing Trio, JuvaTone, JuvaPower/Spice

Supplementation regimen for gout:

- Mineral Essence: 3 droppers, 3 times daily
- ArthroTune: 3 capsules, 3 times daily
- JuvaTone: up to 10 tablets daily, reduce after 2 weeks.
- Super Cal: 2-4 capsules, 2 times daily
- Super C: 2-4 tablets, 2 times daily
- VitaGreen: 2-6 capsules, 2 times daily

Topical Treatment:

Ortho Ease Massage Oil, Ortho Sport Massage Oil

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