

**NATURAL  
REMEDIES  
FOR**

# **GOUT**

*The Farmacy*



**APPLE CIDER  
VINEGAR**  
MIX 1-2 TBSP  
IN 8 OZ  
WATER



**DRINK  
BEET JUICE**



**BAKING SODA**  
MIX 1/2 TSP  
IN 8OZ  
WATER  
  
\*DO NOT USE IF YOU  
SUFFER FROM HYPERTENSION



**HAVE SOME  
BROMELAIN**



**CONSUME  
CHERRIES**



**REDUCE  
ALCOHOL  
CONSUMPTION**



**ELIMINATE SUGAR  
AND SODA**



**UP YOUR  
VITAMIN C  
INTAKE**



**HYDRATE**



**REDUCE  
CAFFEINE  
INTAKE**