

# Gout Protocol

## Primary remedies: Polygonum, Pleo Alkala or Basic Powder or Basictab

Gout is an inflammatory form of arthritis caused by uric acid crystals. It is an indication of acid-base imbalance in the body and can be characterized by painful attacks occurring when uric acid crystallizes in the joints. The resolution of symptoms is usually best managed by addressing acid-base imbalances, improving excretion of uric acid and promoting dietary and lifestyle changes.

Remedy	Phase/Dose	M	T	W	T	F	S	S
<b>Phase 1 = Days 1 - 90 (3 months)</b>								
Pleo Alkala or Basic Powder or Basictab	½ to 1 scoop (Pleo Alkala) or 1 tsp (Basic Powder) or 2 tabs (Basictab)	In warm water on an empty stomach, according to urinary pH testing *see below*			✓✓			
Polygonum	20 drops in water				✓✓✓			
Solidago	40 drops in 8 oz of water between meals				✓✓✓			
<b>Additional Remedies</b>								
Curcumin Boswellia	1 capsule							✓

\*pH Levels – For 2 days, log urinary pH to create a pH baseline.

### Legend:

- ✓ = 1 dose per day
- ✓✓ = 2 doses per day
- ✓✓✓ = 3 doses per day

To determine pH levels, use pH papers to test and record urine for the first morning pH and throughout the day. (normal urine pH readings: first morning urine 6.0 – 6.5; urine throughout the rest of the day 6.8 – 7.4). If the pH reading is below the normal range, alkalization and diet adjustment is recommended. An alkalizer should be taken with warm water on an empty stomach (30 min before meals or 2 hours after meals). During the time of alkalizing, urinary pH will generally test 7.4 and higher, which is desired for the biochemical reactions to shift the acid out of the tissues and body. After one month, have the patient stop taking the alkalizer for 2 days and retest urine pH level. If the pH level is still below the first morning urine range, continue to alkalize until consistent readings are achieved in the normal pH range. This process can take months to balance the milieu and should be monitored with pH testing until the ideal range is obtained.

To maintain long-term healthy acid-base balance after initial alkalization, a diet that increases alkaline foods and reduces consumption of metabolically acidic foods is required. (ex. coffee, meat proteins, alcohol, 'white' processed foods and refined sugars). In addition, a healthy lifestyle including regular exercise and stress management will optimize and help maintain a regulated biological terrain.

## Clinical Pearls:

- ▶ Polygonum has shown to be specifically effective in the small joints of the hands and feet.
- ▶ For arthritic conditions and gout, combine all contents of Polygonum, (anti-inflammatory, joints), Solidago (kidneys) and Aesculus (improve circulation) into one large bottle and take one teaspoon mixed in 8 oz. of water three times daily. In acute conditions, take two teaspoons five times daily.
- ▶ Consider Parsagus in cases of gout. This combination of organic asparagus and organic parsley exhibits 'urinedriving' effects. It helps the body to increase elimination of excess fluid and impurities.

## A small glimpse into each remedy:

- ▶ **Pleo Alkala** - buffering powder for balancing pH in body's milieu
- ▶ **Basic Powder/ BasicTab** - buffering powder/tablet for balancing pH in body's milieu, milder taste than Pleo Alkala
- ▶ **Polygonum** - a homeopathic combination to relieve symptoms associated with gout by increasing circulation and excretion of uric acid, with anti-inflammatory effects.
- ▶ **Solidago** - a homeopathic combination for urinary bladder, urinary tract and kidney drainage. It works using antiinflammatory effects, by stimulating diuresis and excretion of matter eliminated with the urine. Also for cystitis and urinary tract infections.
- ▶ **Curcumin Boswellia** - powerful anti – inflammatory for acute and chronic conditions. Proven to relieve joint pain, arthritis, tendonitis, Achilles tendonitis