

Title:

Cherries as an Effective Natural Remedy for Gout

Word Count:

445

Summary:

Gout is a type of arthritis caused by the excessive accumulation of uric acid inside the organ

Keywords:

gout, foods that cause gout, causes of gout

Article Body:

Gout is a type of arthritis caused by the excessive accumulation of uric acid inside the organ

There are many natural products that can reduce serum uric acid concentration. Gout sufferers

Both sweet cherries (dark cherries) and sour cherries (ruby-red cherries) have proved to be ve

Sour cherries seem to reduce gout pain and inflammation and they also contain natural antioxid

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