

Gout Treatment with Essential Oils

CAROLYNE EASTMAN TUESDAY, AUGUST 7, 2018

From the "Miracle of Essential Oils":

4 Essential Oil Recipes for Gout

Discover how to naturally treat gout using these 4 essential oil recipes you can easily follow and make in the comfort of your own home:

1. Pain Relieving Massage Formula

What you need

12 drops juniper berry

12 drops lemon

6 drops fennel

2 tbsp grapeseed oil

2 oz amber glass dropper bottle

Method

Mix up all the oils in a glass dropper bottle. Store in a cool dry place.

To use, place 5 ñ 7 drops on one palm, rub both palms together then massage the painful area for at least 3 minutes.

Let the oils penetrate for 15 minutes or leave it on overnight.

2. Gout Attack Blend

What you need:

10 drops juniper berry

10 drops tea tree

12 drops geranium

7 drops rosemary

7 drops roman chamomile

7 drops lemon

Fractionated coconut oil

10 ml roll ñ on bottle

Method

Combine the essential oils drop by drop in a roller bottle.

Top with fractionated coconut oil.

Roll onto the affected area as soon as you feel an attack coming.

3. Gout Relief Pain Cream

What you need:

½ cup shea butter

2 tbsp coconut oil

10 drops peppermint oil

10 drops juniper berry oil

10 drops roman chamomile oil

5 drops lemon oil

Double boiler

Hand mixer

4 oz amber glass jar

Method

Melt the shea butter and coconut oil together in a double boiler.

Once melted, pour into a large bowl and leave it to set in the refrigerator for about 15 minutes.

Then get the bowl out and add all the essential oils.
Mix well with a non ñ plastic cutlery or popsicle stick.
Using the hand mixer, beat the ingredients until they form a creamy mix.

Thatís your pain cream! Use liberally on painful areas for relief.
This cream has a long shelf life ñ over a year so keep it away from contaminants like water and dirty fingers.

4. Foot Soak for Gout

What you need:

A foot soak tub filled with hot water

10 drops peppermint or wintergreen

10 drops lemon

½ cup Epsom salts

Method

Fill your foot soak tub with hot water and while the water is running, add the Epsom salts and allow them to disperse.

Now add the essential oils then place your feet in and stir the water so the essential oils get mixed in.

Soak your feet for 15 minutes or more until relief is experienced.