

## Gout Treatment



8/26/2011



8/27/2011

Major cause of gout is simply less intake of water which possibly happens in hot day in summer or spring incurred by dehydration.

A gout in right big toe developed in August, 2011 (See above photos).

Again, a gout in the same right big toe developed in April, 2024, a hot day. This time, I drank plenty of water (a half gallon) along with one tablet of Ibuprofen (Pain reliever). Next day, almost cured.