

# Uric Acid Summary Page

Uric acid has been linked to excessive fructose intake. Dr. Johnson author of the book Sugar Fix suggests fructose be reduced to 25 gram per day. Additional factors that increase uric acid are purines such as shell fish, organ meats, pork, brewer's and baker's yeast, sardines, etc. The Balancing Body Chemistry Manual, More than just a Bunch of Numbers, Making Sense of Blood Chemistry, adds that stress and inflammation are the most common reasons for an increase in uric acid. Many of the recommendations below come from that manual.

## Optimal Range 3.0-5.5

**Levels below 3.0 should consider either a chronic B12/Folate or Molybdenum need:**

- Mo-Zyme™ Forte 1 tid especially if MCV and MCH are normal.
- Betaine Plus HP™ 1 tid in the middle of the meal to assure adequate mineral breakdown
- Basic Nine™ 1 tid as a source of natural organically bound trace minerals
- Other factors to consider are for low uric acid are a heavy metal body burden and vitamin D deficiency.

**Levels above 5.5 could be an indicator or warning sign for gout, arteriosclerosis, renal disease or rheumatoid arthritis. The following have been useful for reducing uric acid with gout symptoms.**

Reduction of Fructose to 25 grams per day as discussed above with the elimination of all refined carbohydrates, dairy, grains, fruit juice, alcohol, and processed meats such as lunch meats, hot dogs etc. etc., shell fish, organ meats, pork, brewer s and baker's yeast, sardines

- Black Cherries 30-40 per day or 2 glasses of black cherry juice daily
- Folate-5 Plus™ 2 tablets bid
- Li-Zyme Forte™ 3 tablets tid can be used up to 2 tablets per waking hour in the acute phase.
- Intenzyme Forte™ 5 tablets tid on an empty stomach until the pain and swelling abate
- Argizyme™ 2 capsules tid (kidney support)
- Nephra-Zyme™ or Renal Plus 2 capsules tid (kidney support)
- B12-2000™I bid if needed check CBC looking at MCV (levels over 90.0) and MCH (levels over 32.00)

Assess Digestion and support with HCL such as Betaine HP Plus one with each meal taken in middle of the meal if needed.