

## Uric Acid Treatment Summary

Principle dietary sources of increased uric acid are fructose and beer. Historically it has been felt that uric acid is the end product of purine, nucleic acid and nucleoprotein metabolism. Two key factors that will increase uric acid beyond the above dietary influences are inflammation and stress. Uric acid has some antioxidant properties so we would like to have an optimal level. However when uric acid levels are beyond optimal ranges it seeps into the cell and becomes a pro-oxidant. So outside the cell it is an antioxidant and inside the cell it is a pro-oxidant.

Optimal Range is: 3.0 - 5.9 for males  
3.0 - 5.5 for females

Uric acid levels below 3.0 should consider the following:

- a) Molybdenum deficiency: If Mo is less than 3.0 decreased with normal MCV (below 89.9) and MCH (below 31.9), molybdenum deficiency is suggested (**Mo-Zyme Forte** 1 tid and **ScentArest** 2 tid for 30 days then 2 bid).
- B) B12 anemia: If MCV is above 89.9 and MCH is above 31.9 (**B12-2000** lozenges 1 four times per day), HCL consider B1 deficiency (**Bio-3B-G** 3 tid).
- C) Evaluate for zinc deficiency (Zinc Taste Test, alkaline phosphatase below midline of the laboratory range).

Assess heavy metal body burdens and treat as needed.

Uric Acid levels above 5.5 should be treated with diet limiting fructose to 25 gram per day, eliminate dairy, grains, and purines. If uric acid is accompanied by gouty arthritis, the following suggestions can be applied.

Black cherries 30-40 per day or 2 glasses of cherry juice

**Folate 5-Plus** 4 per day. If methylation problems are suspected, use **5-MTHF Plus Forte** 1 bid

**Li-Zyme Forte** 2 per waking hour for 10 days, then 2 tid

**Argizyme** 2 tid

**Renal Plus** 2 tid

**B12-2000** lozenges 2 per day

**Carbamide Plus** 3 tid

**Intenzyme Forte** 5 tablets 4 times a day on an empty stomach

Homeopathic support for stress **21st Century Homeopathic Acute Stress**

Elevated uric acid levels are also seen in rheumatoid arthritis, arteriosclerosis, renal disease.

\*\*\*the above clinical notes came from the text "More Than Just A Bunch of Numbers, Making Sense of Blood Chemistry Results" 10th revision 2017, Balancing Body Chemistry with Nutrition Seminar Series, 11001 N. 24<sup>th</sup> Ave. Suite 603 Phoenix, AZ 85029 and can be purchased for \$75.00 plus shipping