



## Uric Acid:

### *Not Just About Gout Anymore*

*The measurement of uric acid levels has generally been for the purpose of evaluating a patient for having the condition called gout. Today this “bio-marker” can hold information that can reveal a person’s health status; specifically if they are vulnerable to the problems of oxidative stress.*

**UNDERSTANDING THE STATUS** of a person’s Redox potential (how much toxic stress cells experience as a result of having more waste products build up inside the cell without being neutralized) can potentially protect them from developing disease. High Redox potential means less oxidative stress. The more oxidative stress we have the faster we “age”. Accelerated aging can mean early wrinkles, hardened arteries and arthritic joints to name just a few consequences that the “rust” of oxidative stress can cause. Therefore, knowing our status is important. We have had indirect measures of this stress by looking at inflammation, a close relative of oxidative stress. Tests like CRP, and Sed rate have been used for many years. Today a simple test of our uric acid level can be helpful. High “normal” values can indicate a vulnerability to the advent of oxidative stress.

**How does this work?** There are several pathways of oxidative stress. One of them is the Purine pathway. Xanthine oxidase is the enzyme involved in purine metabolism. Inhibit this enzyme, and you reduce the production of uric acid. Natural products also inhibit xanthine oxidase as well. Flavonoids and Quercetin both have this property. They are known botanical anti-oxidants. Another curious fact is that people with known advanced heart disease (damaged linings of their arteries from free radicals and oxidative stress) who are given a medicine for gout (allopurinol) at fairly large doses, were found NOT to develop complications as readily as those in the non-treated group.

The question remains therefore, what should we do going forward to maximize our Redox potential? I have seen many benefits from working on lowering uric acid.

How?

1. Add a Redox molecule supplement to your daily routine. There is no better way to raise your potential than to bathe your cells in a balanced formulation of Redox molecules daily.
2. Consume a plant based nutrient-dense diet.
3. Drink abundant amounts of water.
4. Add certain supplements, if needed, such as: N acetyl cysteine, Quercetin, or certain flavonoids.

Please check out our video library on various topics like this one at [theredoxdoc.com](http://theredoxdoc.com).

#### **References:**

[www.ncbi.nlm.nih.gov/pubmed/16507884](http://www.ncbi.nlm.nih.gov/pubmed/16507884)

*Current Pharmaceutical Design, Volume 11, No. 32, December 2005, pp 4145-4151.*

*For more information on the way REDOX molecules are critical to our health visit [www.theredoxdoc.com](http://www.theredoxdoc.com) There, you can enroll to receive videos describing the relationship between our REDOX potential and various medical conditions.*