

# How To Eat Right, “Purine – Uric Acid Crystals”

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## Purine – Uric Acid Crystals

[http://en.wikipedia.org/wiki/Uric\\_acid](http://en.wikipedia.org/wiki/Uric_acid)

Uric Acid Crystals affects the joints (hips, legs, arms, back, neck, etc.), organs, brain, heart, muscles, tissues, and etc, of the body?

Uric acid (or urate) is a heterocyclic compound of carbon, nitrogen, oxygen, and hydrogen.

Purine is a substance that is found in foods and is produced naturally by the body.

Purines are broken down by the body and changed to Uric Acid which crystallizes in joints, organs, muscles, tissues and etc.

The kidneys normally filter the Uric Acid and the Uric Acid leaves the body through the urine.

However, people with pain, sometimes have a build-up of Uric Acid in the blood.

Uric Acid may build up because the body makes too much Uric Acid or we take in foods high in Uric Acid.

It may also build up because the body does not get rid of enough Uric Acid through the urine.

High levels of Uric Acid can cause urate crystals that form in our body.

The build-up of these crystals is the major causes swelling, which causes the attack of pain anywhere through out the body.

### **Here are some high Uric Acid concerns:**

#### **Gout:**

Excess accumulation of Uric Acid can lead to a type of arthritis known as gout.

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This painful condition is the result of needle-like crystals of Uric Acid precipitating in joints and capillaries.

Elevated Uric Acid (hyperuricemia) can result from high intake of purine, rich foods, and/or impaired excretion by the kidneys.

Saturation levels of Uric Acid in blood may result in one form of kidney stones when the urate crystallizes in the kidney.

These Uric Acid stones are radiolucent and so do not appear on an abdominal plain x-ray or CT scan.

They can only be detected by ultrasound.

Very large stones may be detected on x-ray.

Some patients with gout eventually get uric kidney stones.

Gout can occur where uric acid levels are as low, but some people can have serum values very high and not have gout.

### **Lesch-Nyhan Syndrome:**

Lesch-Nyhan syndrome, an extremely rare inherited disorder.

Spasticity, involuntary movement and cognitive retardation as well as manifestations of gout are seen in cases of this syndrome.

### **Cardiovascular Disease:**

Although Uric Acid can act as an antioxidant, excess serum accumulation is often associated with cardiovascular disease.

It is not known whether this is causative (e.g., by acting as a pro-oxidant) or a protective reaction taking advantage of urate's antioxidant properties.

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### **Diabetes:**

The association of high serum Uric Acid with insulin resistance has been known since the early part of the 20th century, nevertheless, recognition of high serum Uric Acid as a risk factor for diabetes has been a matter of debate.

In fact, hyperuricemia has always been presumed to be a consequence of insulin resistance rather than its precursor.

However, it was shown in a prospective follow-up study that high serum Uric Acid is associated with higher risk of type 2 diabetes independent of obesity, dyslipidemia, and hypertension.

### **Metabolic Syndrome:**

Hyperuricemia is associated with components of metabolic syndrome and it has been debated for a while to be a component of it.

It has been shown in a recent study that fructose-induced hyperuricemia may play a pathogenic role in the metabolic syndrome.

This is consistent with the **increased consumption in recent decades of fructose-containing beverages** (such as fruit juices and soft drinks sweetened with sugar and high-fructose corn syrup) and **the epidemic of diabetes and obesity**.

### **Uric Acid Stone Formation:**

Uric Acid stones, which form in the absence of secondary causes such as chronic diarrhea, vigorous exercise, dehydration, and animal protein loading, are felt to be secondary to obesity and insulin resistance seen in metabolic syndrome.

Increased dietary acid leads to increased endogenous acid production in the liver and muscles which in turn leads to an increased acid load to the kidneys.

This load is handled more poorly because of renal fat infiltration and insulin resistance which are felt to impair ammonia excretion (a buffer).

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The urine is therefore quite acidic and Uric Acid becomes insoluble, crystallizes and stones form.

In addition, naturally present promoter and inhibitor factors may be affected.

This explains the high prevalence of uric stones and unusually acidic urine seen in patients with type 2 diabetes.

Uric acid crystals can also promote the formation of calcium oxalate stones, acting as "seed crystals" (heterogeneous nucleation).

I am serious about getting my health under control, are you?

### **Extremely Acid Forming Foods:**

Artificial Sweeteners, High-Fructose Corn Syrup, Carbonated Soft Drinks, Fizzy Drinks, Cigarettes, Commercial Flour Products, Goat, Lamb, Pastries, Cakes, Pork, Sugar, Beer, Brown sugar, Deer, Chocolate, Coffee, Custard, Jams, Jellies, Liquor, Pasta, Rabbit, Semolina (Durum Wheat used in making pasta, and also used for breakfast cereals and puddings), Table salt refined and iodized, Tea black, Turkey, Commercial Breads White and Wheat, White Rice, Commercial Vinegar.

The foods below can be responsible for excessive Uric Acid production in your body.

These foods are as follows:

Alcohol, Anchovies, Asparagus, Cauliflower, Mushrooms, Consommés, Herring, Meat Gravies, Meat Broth, Bouillon, Mussels, Sardines, Red Meats, Organ Meats Processed, Meats Fried Foods, Roasted Nuts, Cooked In Oil, Sugar Products, White Flour Products, Dried Fruits, Fish, Caffeine, Beans, Lentils, Eggs, Oatmeal, Peas, Poultry, Yeast Products, Dark Greens Vegetables

Elevated levels of Uric Acid in the blood can lead to deposits in connective tissue around joints.

The Uric Acid may form needle-like crystals in the joints, leading to acute pain attacks.

The extreme pain a person is feeling, is from the infection and not the crystals themselves.

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Uric Acid may also collect under the skin as tophi or in the urinary tract as kidney stones.

A tophus (Latin: "stone", plural tophi) is a deposit of monosodium urate crystals in people with longstanding high levels of Uric Acid in the blood.

Uric Acid attacks afflict an estimated 840 out of 100,000 people.

### **Acidic Foods verses Alkaline Foods:**

Alkaline foods have a large effect on Uric Acid Elimination:

Your food intake should be about 70% Alkaline to a 30% Acidic in each meal for better health.

This ratio is very important to someone who suffers with, Uric Acid attacks.

Alkaline foods help the kidneys to eliminate Uric Acid deposits through out the body.

Uric Acid elimination increases as the urine reaches an alkaline at pH 6.5.

### **Extremely Alkaline Forming Foods:**

Lemons, Watermelon, Agar (Vegetable Gelatin), Cantaloupe, Cayenne (Capsicum), Dried Dates and Dried Figs, Kelp, Karengo (Edible Seaweed), Kudzu root (Helps reduce craving for alcohol. Relieves allergies, migraine headaches), Limes, Mango, Melons, Papaya, Parsley, Seedless Grapes (sweet), Watercress, Seaweed.

### **Moderate Alkaline Forming Foods:**

Apples (sweet), Apricots, Alfalfa Sprouts Arrowroot, Avocados, Bananas (ripe), Berries, Carrots, Celery, Currants, Dates & figs (fresh), Garlic, Gooseberry, Grapes (less sweet), Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea Salt (non-iodized), Spinach, Apples (sour), Bamboo Shoots, Beans (fresh green), Beets, Bell Pepper, Broccoli, Cabbage, Carob, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges, Parsnip, Peaches (less sweet), Peas (less sweet), Potatoes & skin, Pumpkin (less sweet), Raspberry, Sapote, Strawberry, Squash, Sweet Corn (fresh), Tamari, Turnip, Sour Dairy...

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### **Slightly Alkaline to Neutral Forming Foods:**

Almonds, Artichokes (Jerusalem), Barley-Malt (sweetener-Bronner), Brown Rice Syrup, Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg plant, Honey (raw), Leeks, Miso, Okra, Olives ripe, Onions, Pickles (home made with brown rice vinegar), Radish, Spices, Taro, Tomatoes (sweet), Vinegar (sweet brown rice), Water Chestnut, Amaranth, Artichoke (globe), Chestnuts (dry roasted), Egg Yolks (soft cooked), Goat's Milk and Whey (raw), Horseradish, Mayonnaise (home made), Millet, Olive Oil, Quinoa, Rhubarb, Sesame Seeds (whole), Sprouted Grains, Tempeh, Tofu, Tomatoes (less sweet)...

### **Slightly Acid to Neutral Forming Foods:**

Barley Malt Syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple Syrup (unprocessed), Low Fat Milk (homogenized) and most Processed Dairy Products, Molasses Organic, Nutmeg, Mustard, Pistachios, Popcorn (plain not microwaved), Rice or Wheat Crackers (unrefined), Rye (grain), Seeds (pumpkin & sunflower), Walnuts, Blueberries, Brazil Nuts, Butter (salted), Cheeses (mild & crumbly), Crackers (unrefined rye), Dry Coconut, Egg Whites, Goats Milk (homogenized), Pecans, Plums, Prunes, Butter (fresh unsalted), Cream (fresh & raw), Milk (raw cow's), Whey (cow's)...

### **Acid Forming Foods, Fats, and Oils:**

Avocado Oil, Canola Oil, Corn Oil, Hemp Seed Oil, Flax Oil, Lard, Olive Oil (when heated), Safflower Oil, Sesame Oil, Sunflower Oil...

#### **Fruits:**

Cranberries

#### **Grains:**

Rice Cakes, Wheat Cakes, Amaranth, Barley, Buckwheat, Oats (rolled), Quinoa, Rice, Rye, Spelt, Kamut, Wheat, Hemp Seed Flour...

#### **Nuts and Butters:**

Cashews, Brazil Nuts, Peanuts, Processed Peanut Butter, Pecans, Tahini...

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### **Animal Protein:**

Beef, Carp, Clams, Fish, Lamb, Lobster, Mussels, Oyster, Pork, Rabbit, Salmon, Shrimp, Scallops, Tuna, Turkey, Venison...

### **Pasta (White):**

Noodles, Macaroni, Spaghetti Distilled Vinegar, Wheat Germ...

### **Beans and Legumes:**

Black Beans, Chick Peas, Green Peas, Kidney Beans, Lentils, Lima Beans, Pinto Beans, Red Beans, Soy Beans, Soy Milk, White Beans, Rice Milk, Almond Milk...

### **Drugs and Chemicals:**

Aspartame, Chemicals, Drugs (Medicinal), Drugs (Psychedelic), Pesticides, Herbicides...

### **Alcohol:**

Beer, Spirits, Hard Liquor, Wine...

### **Activities:**

Overwork, Anger, Fear, Jealousy, Stress...

### **Moderate Acid:**

Cream of Wheat (unrefined), Fish, Fruit Juices with Sugar, Maple Syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of Corn, Oats, Rice and Rye, Cereals (refined), Corn Flakes, Shellfish, Wheat Germ, Whole Wheat foods, Wine, Yogurt (sweetened) Bananas (green), Buckwheat, Cheeses (sharp), Corn and Rice Breads, Egg Whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice (basmati), Rice (brown), Soy Sauce (commercial), Tapioca, Wheat Bread (sprouted organic)...

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### **Only three (3) things cause diseases:**

1. Toxic Chemicals or Modified – Added to or on our foods and water, whether, legally or illegally added to our food products.
  
2. Nutrition – Lack of proper foods and types. Deficiency diseases are diseases in humans that are directly or indirectly caused by a lack of essential nutrients in the diet. Deficiency diseases are commonly associated with chronic malnutrition. Additionally, conditions such as obesity from overeating can also cause, or contribute to, serious health problems. Excessive intake of some nutrients can cause acute poisoning.  
[http://en.wikipedia.org/wiki/Nutrition\\_disorder](http://en.wikipedia.org/wiki/Nutrition_disorder)
  
3. Parasites – Human parasites live inside us and we become their hosts. Parasites eat our food and nutrients, they destroy tissues and cells, and they leave toxic waste that may make a person very ill.

In some countries, parasite infections are epidemic and are killing people each year. In America, parasitic infections are on the rise because of our life style.

It is estimated that about 50% of the U.S. population is infected with parasites. Certain areas of the United States are having a higher frequency and occurrences of parasite infections. This is true for areas that are likely to be much warmer and humid.

It is easy to become infected and cause many types of diseases.

[http://en.wikipedia.org/wiki/List\\_of\\_human\\_parasitic\\_diseases](http://en.wikipedia.org/wiki/List_of_human_parasitic_diseases)

Note: Hereditary traits or injuries do not cause diseases, but allow diseases to set in, because of the weaknesses to fight back.



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