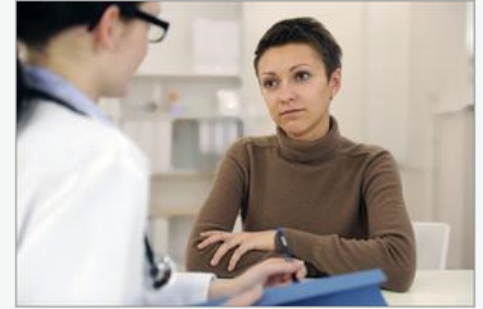


What Happens when Uric Acid Increases?

When **uric acid** increases in your blood there is a likelihood that there will be sufficient in order to allow for some of it to make into **uric acid** of urate which will negotiate in the important joints, tendons and surrounding tissue.

These microscopic crystals are 'needle-like' in shape and can thus cause inflammation, swelling, redness, stiffness, and excruciating pain in the offending joint. These are the typical the signs of **gout**.



But what Causes Uric Acid Increase in the Initial Place?

Well, normally, your kidneys process the uric acid naturally produced in your body and also excrete the excess out of your system. Unfortunately, if your kidneys are not functioning at full capacity, or, if your body's producing much too much uric acid for your kidneys to deal with, your uric acid increases and you end up with excess or high uric acid.

How is Uric Acid Produced in the Body then?

Uric acid is truly a resultant effect of a man's own metabolizing process. Chemical compounds known as 'purines' are a part of this process, and once they break down during it, uric acid is made.

- But, this is the thing: As well as **purines** naturally present in your body, they also exist in your food.
- That's why you need to closely keep track of your daily diet if you're a gout sufferer.
- You need to avoid foods that are high in purines.

Other things you can do to prevent uric acid increases are to use **natural gout remedies** to help reduce inflammation, relieve pain, and, to lower **uric acid levels** in your blood.

“



Achilles Tendonitis The Achilles tendon is the single strongest tendon in the human body. The primary function from the Achilles muscle is to transmit the power of the calf to the foot resulting in the ability to move us all ahead, allow us to jump, dance; you name it....

- More and more gout victims are preferring the natural approach because of the nasty side effects that normal drug-based medications have.
- Another reason is that these drugs only work although you take them.
- So there's nothing to stop recurring gout as soon as you come off these.

And you really do need to prevent recurring uric acid increases turning to gout without exceptions. This is because frequently recurring gout might make you end up with serious health problems such as permanent shared damage, kidney problems and hypertension.

To get the facts on how to do this naturally, effectively and fast please [click here](#).

Chris Randon is a nutritionist specialized in human health, which is based in Los Angeles, California.



“ **Domenic Golden**

Domenic is a head content marketing specialist at [musclenstress.com](#), a collection of articles on health issues. In the past, Domenic worked as a post curator for a well-known health site. When he's not writing posts, Domenic enjoys drawing and rock climbing.

Disclaimer: Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.