

# High Uric Acid Symptoms How an Increase in Uric Acid Can Cause Gout

**H**igh uric acid in the blood is a condition called 'hyperuricemia.' Over time, this condition results in uric acid crystals being formed in the joints and connective tissue. This can happen in any of your joints, but your big toe joint is by far the most commonplace.

But, first, let's take a step back and think about what happens under healthy conditions...

- Uric acid is formed during the metabolising process that naturally goes on in your body.
- A chemical compound called 'purines' forms part of this process, and when it eventually breaks down it makes uric acid.
- Your kidneys then process this uric acid and eliminate excess out of your body, retaining some relatively low levels in your blood.
- From these low levels uric acid may have some beneficial antioxidant properties.

What then gives rise to high uric acid in the blood? Generally speaking there are two reasons that this can happen; (1) the kidneys aren't working to their normal full potential, so that insufficient uric acid is being processed and expelled, and also, (2) too much uric acid is being produced with the metabolizing process for the kidneys to handle. And, I guess, you can have the situation where both were happening at the same time.



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*Could Your Shoes Be Causing Gout? Here's a piece of health advice for those who suffer gout: take note of what shoes you are wearing. A new study shows that wearing poor footwear is common among gout patients and leads directly to more pain and greater disability. According to...*



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So exactly what are high uric acid symptoms? The only way to discover whether you have high acid levels is via blood tests arranged by your doctor. But since we know that hyperuricemia can lead to the symptoms of gout, we could say that the symptoms of high uric acid are the symptoms of gout, i.e. redness, swelling, tightness, heat, inflammation, and excruciating pain.

“ Therefore, as a **gout sufferer**, you need to work on ways to reduce uric acid, and simply, to keep them at lower, healthier levels. This is very important because too many **gout attacks** over an extended period can cause you to have permanent joint injury, as well as some kidney problems like agonizing kidney stones.

## The Gout Remedy Report

To stop this kind of happening to you, please now go to The **Gout Remedy Report** where included in the package get the facts on a devastatingly simple 2 hr remedy. Just click here.

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