Wellness Minute

Health Information You Can Use On Your Path To Wellness

New Research On Alzheimer's

"New research shows low uric acid is associated with Alzheimer's, Parkinson's, and Multiple Sclerosis."

Whenever you hear someone has gout, often the question arises what's your uric acid? I should say, me and my nerdy friends ask that question. Because elevated levels of uric acid are known to be a component of the inflammatory process seen in gout. And when someone has gout there is definitely an inflammatory process in full force. It's painful.

But elevated uric acid levels are also seen in hypertension, metabolic syndrome, rheumatoid arthritis, cardiovascular disease, and renal disease. One of the greatest causes of elevated uric acid is high fructose corn syrup. Your body has a very difficult time breaking down this synthetic form of fructose, and it's very hard on the liver. Some researchers feel the main cause of non-alcoholic fatty liver disease is high fructose corn syrup. So, if you have gout, talk with your wellness clinician about natural therapies that help reduce uric acid, like tart cherry juice, folic acid, food-based lithium, and proteolytic enzymes.

In contrast, I'd like to bring your attention to reduced uric acid levels. New research shows low uric acid is associated with Parkinson's and other neurological diseases such as Multiple Sclerosis, Alzheimer's, Huntington's, and Optic Neuritis. You see, normal levels of uric acid are an established antioxidant, so it has definite protective value. Lower levels of uric acid do not offer the same protection.

But if it's an antioxidant, how can elevated levels cause oxidative damage like gout or hypertension? Dr. Richard Johnson, author of the book, The Sugar Fix, described it this way, "Outside the cell with normal levels, uric acid is an antioxidant. That's a good thing. But when uric acid levels are elevated, uric acid seeps into the cell and becomes a pro-oxidant." So, outside the cell uric acid is an antioxidant, and inside the cell it can become a pro-oxidant, triggering inflammation.

Here's an interesting 30-year study known as the Honolulu Heart Program that supports this theory. Serum uric acid levels were evaluated in 7,958 males, of those, 92 developed Parkinson's. It was later deter-

mined that many of the subjects diagnosed with Parkinson's had uric acid levels that were well below the mid-line of the laboratory range. Other studies on Parkinson's patients confirmed this information, and it was also confirmed via postmortem examination on Parkinson's patients.

Although the study did not investigate what caused reduced uric acid, both the literature and clinical evidence indicate that decreased uric acid can be an indication of a need for molybdenum or vitamin B12. B12 deficiencies are very common. Your wellness clinician can order a simple blood test to check on them. Molybdenum is often needed when people are sensitive to sulfites and chemicals in general. So, if you or a loved one is sensitive to wine, prepared meats, baked goods, odors, smoke, and chemicals in general, you may be low in molybdenum. My favorite molybdenum product is TolerAid. TolerAid was developed to make sure the basic building blocks are present to break down or detoxify chemicals in food, drink, or environment.

More people are realizing that the chemicals we are unknowingly ingesting in our bodies act like poison. The definition of a poison is something that blocks enzymes. Many of the chemicals in our food block enzymes. High fructose corn syrup is one example.

To me, this field is exciting. Your wellness clinician and you are like Sherlock Holmes and Watson as you look for clues and develop a plan to relieve pain and suffering. If you have concerns about uric acid, whether it's high or low, schedule an appointment and find out which wellness therapies are right for you.