

Clinician's Protocol Guide

GOUT (ELEVATED URIC ACID)

Gout is a very painful, arthritic, joint inflammation (big toe, but also can affect the elbows, knees, and thumbs) often with redness, swelling and heat, due to the crystallization of excess uric acid. The crystals have jagged edges that irritate the tissue and destroy the immune response's arriving white blood cells causing pain and further immune inflammation response.

Causes: There are many cited causes and contributors of a high uric acid level—genetic predisposition; fungal overgrowth; obesity; improper protein digestion, medications (diuretics, immunosuppressants), poor homocysteine recycling [decreased SAM (S-Adenosyl Methionine) production] and certain diseases (hypothyroidism, Hodgkin's/Non-Hodgkin's lymphoma, psoriasis). Dietary factors are often cited but they are not really causes as avoidance does not prevent future episodes. Cited foods include those high in purine (anchovies, beans, sardines, peas, and shrimp); caffeine and excessive alcohol. Seldom cited are the two primary dietary culprits: high fructose corn syrup (inhibits uric acid excretion) and sugar.

Intriguingly, the answer to the real question, "Why does the body fail to properly process uric acid in the first place," lies in the intestinal microbiome where the bacteria breakdown of the body's uric acid for nitrogen. Further leaky gut allows large proteins into the body, and improper processing of proteins is a direct cause. An altered microbiome might be the leading cause.

Symptoms:

- **Acute Gout** – painful (sharp, excruciating), red, swollen with heat, fever, affecting one joint.
- **Chronic Gouty Arthritis** – chronic joint pain, Tophi (deposits of monosodium urate crystals), affecting more than one location. Can lead to kidney stones, kidney failure, heart disease.

PRIMARY PROTOCOL

#	FORMULA	DOSE	COMMENT/REASON
450	KDIR Fluidren	3 caps, <i>bid</i> , <i>away from food</i>	Helps flush kidneys. Cha de Bugre (herb) used in Brazilian herbal medicine for gout. Peach Bark is also helpful to remove uric acid. Juniper berries help kidneys process uric acid.
660	MELA Optimal Terrain Enzymes	3 caps, <i>tid</i> , <i>away from food</i>	Anti-inflammatory. Proteolytic enzymes help process uric acid. Bromelain proven to help resolve gout quickly when sufficient doses used. Helps clean up improperly digested proteins that foster inflammation.
120	MoRS Methylation Donor	1 cap, <i>bid</i>	Methyl molecules are intricately involved in the breakdown of purines (synthesized by methylfolate and methionine-methylation) to make the blood's chief antioxidant, uric acid. Folate inhibits xanthine oxidase, the enzyme that helps convert purines into uric acid.
58	Ks Kidney-s	2 caps, <i>bid</i>	Support for the kidneys to process uric acid. Stimulates more optimal kidney performance.
62	Ls Liver-s	2 caps, <i>bid</i>	Support for the liver to process uric acid so the kidneys can eliminate it.

SUPPORTIVE FORMULAS

#	FORMULA	DOSE	COMMENT/REASON
870/871	SpectraOne Whole Food Cell	Multi-Vit/Min	Provides plant-source B-vitamins. High uric acid levels deplete the B complex family. Niacin content balanced with B-12/Folate. Also provides full complex vitamin C.
197	OMGA Omega 3-6-9		Provides an anti-inflammatory influence and protects joints from tissue damage.
880/882	VISTA One & Two		Membrane Regeneration) Provides phospholipids for cell membranes damaged by inflammation.
740	Earth Sedate Clear Congestion	2 caps, <i>bid</i>	The Chinese Five-Element Constitutional formulas work to balance.
750	Fire Sedate Pacify The Spirit	2 caps, <i>bid</i>	Foundational workings of the body and brings stability.
780	Wood Sedate Mediate Harmony	2 caps, <i>bid</i>	Emotions for long-term correction of metabolic imbalances.

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ASSESSMENTS (S.T.E.P.s –TESTS)

- Serum Uric Acid
- Urine Uric Acid

CLINICAL CONSIDERATIONS

- **Niacin competes with urinary excretion of uric acid.** No need for 'witch hunt' for niacin, but be sure your patient does not take more than 50mg/day, and if taking any niacin, it should be part of a natural, whole food, plant source array of the entire B complex family, e.g. 1 Spectra One/day contains 17.5 mg balanced with the B-complex.
- **The Wise Consider Rx Damage.** Drugs are not the only option and have no precedent to effect cure. The drugs in the medical armamentarium all have extremely concerning side effects. NSAIDs are known to damage the G.I. Microbiome and the liver. Colchicine causes nausea, vomiting, and hair loss. Prednisone is addictive and linked to depression.
- **Organic Tart Cherries:** Also organic strawberries, organic grapes contain xanthine oxidase inhibitors (anthocyanadins, and proanthocyanadins), anti-inflammatory and anti-oxidants. Tart or black cherry juice (organic) is an excellent aperitif and afternoon refreshment that serves the body in its self-regulation of uric acid processes.
- **Celery juice and celery seed extracts:** 26 anti-inflammatory compounds. Celery Seed Oil contains 3-n-butyl phthalide (3nB), that provided remedial effects and pain relief per several studies.

THE WELLNESS WIZ PERSPECTIVE

Clinical correction is well supported via research studies and evidenced-based clinical results employing herbal/nutritional therapies. Correct the microbiome. This is the foundational and pivotal endeavor. Correct dysbiosis and leaky gut. Strengthen the liver and kidneys. Improve digestion and nutrition. Helping the body correct gout means helping reestablish the foundation of health.

WellnessWiz Tips!

The newly discovered organ system – the Microbiome – presents a paradigm shift in our understanding of exactly who and what a human being is. It's shifted the paradigm about health and disease.. Microbiome Rejuvenation is foundational to all health restorative therapies – Jack Tips



www.wellnesswiz.com