

# The Relation between Gout and Kidney Stones

**G**out occurrences in certain individuals may be attributed to their kidney problems. Uric chemicals present in purines are usually excreted out of the system and are not expected to be totally absorbed by the body. Uric acid levels are not wholly dependent in the amounts of purine rich food that body takes in.

Is also dependent on the ability of the kidney to excrete uric acids out of the system. Failure to be able to excrete uric acid may cause uric acid in order to amass and reach the high-level point when uric acid crystals form and cause gout pains. For this reason, it has an existing connection between gout and kidney stones.

- The kidney's power to excrete will be affected by the formation of kidney stones.
- If the kidneys become impaired, removal then poses a problem of retaining an excessive amount of uric acid in the blood stream.

As uric acid amasses it will reach a certain level wherein uric acid will crystallize and lodge themselves in an individual's joint where they will not be bothered. Hence, gout and kidney stones forge a relationship by the failure of the kidney to be able to excrete uric acids and the ability of amassed uric acid to form into crystals that triggers gout.

## Causes and Treatments of Kidney Stones

Unlike gout, crystalline substances turn out to be kidney stones not only out of uric acids but also out of other insoluble substances that build up and combine in the renal system. Insoluble substances are usually called oxalates that can either be salt, calcium or amino acids (cystine kidney stones).

## The Kidney Stone Sufferer Must Pay Attention to His Diet

If the kidney gems are acid oxalates, then your kidney sufferer's diet should have more alkalines so that you can neutralize the actual acid oxalates. An alkaline diet mainly consists of fruits and vegetables.



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- Dark red berries and cherries are the most recommended fruits to eat for people with kidney stones caused by acid oxalates.
- Cherries and berries have chemical nutrients that lower uric acid and have the ability to reduce inflammation.
- Hence, cherries or berries will not only reduce the effects of the kidney stones but will also prevent gout since it can lower uric acid levels.
- On the other hand, vegetable such as spinach, asparagus and cauliflower although rich in alkaline are also rich in purines.
- Hence, if you are on an alkaline based diet, avoid these vegetables because they are liable to improve uric ranges through their purine rich content.

Through this example, it is very important then to see the type of kidney stones you are suffering from in order to determine the type of food you should eat. From there, it should be further decided which of the foods belonging to a food group is rich in purine. In this way the treatment of any type of kidney stone will not result to increasing the level of uric acid that may later on form into uric acid gout crystals.

The above therefore presents the relationship between gout and kidney stones. Diet plays an important role but it is also a matter of discerning how a awareness of one chemical nutrient may cause a problem in another part of the body's system.

- Alvin Hopkinson is a leading researcher in the area of natural remedies and gout cure.
- Discover how you can get rid of the gout for good using proven home remedies, all without using harmful medicines or drugs.
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