

Published based on [What is Uric Acid and How It Relates to Gout](#)

What is Uric Acid and How It Relates to Gout

Have you ever wondered what uric acid is and how it relates to gout? Knowing what this acid is that causes gout is the first step to understanding how to prevent your gout attacks and symptoms. Read on to learn more. For people who have experienced gout and had the trouble and pain of dealing with it, the idea of finally getting relief is a welcome thought. If you need to get rid of your gout and get your life back then understanding how uric acid interacts with the rest of your body to cause gout is an important first step. The more you know about the condition the better you can maintain, reduce or completely eliminate your symptoms and pain. Read on to learn more about what uric acid is and how it relates to gout.

Uric acid is a white, odorless, tasteless by-product of a protein metabolizing. In other words, it's an acid your body produces when ever proteins are broken-down inside your body. This happens through various methods and for various reasons, but it's a completely natural process that in itself poses no harm. The real problem is when this uric acid begins to "pile up" and stick around the joints due to lack of hydration, circulation, or any number of reasons that prevent proper flushing of the acid out of the body. This is most common in older people, which is why gout is so common with people over 50.

Now that you understand what gout is and what exactly it's doing in your body, the real goal now is to find out how to prevent and treat gout. One key universal preventative measure is to always drink on average 2 to 3 liters of water a day. No matter what you're doing drinking water always benefits the body. It will help your body flush out the acid more efficiently and readily and your entire body will benefit from being able to function better.

A [diet for gout](#) is another important thing to keep in mind. Making sure you only eat foods that have low purines will ensure you don't encourage uric acid build up. Uric acid can build up due to the breakdown of the purines in the food. There are some good foods that you can eat that will not only taste great but will help cure your gout. Some fruits like cherries and pineapple are great for relieving pain and reducing inflammation.

Taking proper measures to stay hydrated and maintain a proper diet are all great ideas for relieving or completely eliminating future gout attacks, but there are other ways to get relief as well. You can seek the help of an online [guide or book](#) that will help you by providing natural home remedies that can also get you [gout relief](#).

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