



**SIGNS OF OPTIMAL HEALTH (NO SYMPTOMOLOGY)**

- Sleeping mostly through the night
- Having consistent energy throughout most of the day
- Normal stools (brown, solid, sinks)
- Healthy skin and hair
- Good gut microbiome (limited acid reflux, pain, gas, and bloat after meals)
- Normal hormones and sex drive
- Consistent moods

Uric acid levels may be indicative of metabolic syndrome. Other symptoms may include weight stall, higher blood pressure, and low energy.

**WAYS TO REDUCE URIC ACID LEVELS:**

- Limit most fructose foods
- Limit alcohol
- Reduce high purine foods
- Reduce medications (PPIs, beta-blockers, etc.)
- Increase water consumption
- Practice intermittent fasting
- Moderate exercise (excess exercise increases UA levels)
- Increase nitric oxide levels
- Turmeric supplements (consider as a band-aid)
- Tart cherry supplements (consider as a band-aid)

Source: <https://drrichardjohnson.com/researchpublications/>

