

HIGH URIC ACID

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GUIDELINE BY SANJAY G.M.

Causes :-

- B.P. Diabetes, Medicine table regularly.
- Over weight
- Much alcohol
- Vitamin D. Deficiency

Symptoms :-

- Pain to toe of leg & hand fingers.

Solutions :-

- Drink plenty of water to flush URIC ACID from body.
- Drink lemon or Cherry juice regularly to URIC ACID to flush drink carrot, beat, cucumber juice
- Eat Amla, papaya, Tomato without seed, Guava, Orange, Grapes, and Pineapple.
- Chew Guava leaves 4pcs/ day for 10 days.
- Eat Dates (खजूर), flaxseed, almond, Kismis, garlic, ginger, Green leafy.
- Reduce red meat, Fish, Stress, Sugar, Alcohol, Sugary drinks.
- Maintain weight.
- Control B.P & Diabetes as given suggestion here in separate chapter.
- Improve D Deficiency by 20 minutes light sun. 7.00am/ 5.00pm.

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.