

# Could This Morning “Pee Test” Reveal a Hidden Cause of Stiff and Aching Joints?

When it comes to your knee, hip, back, or elbow pain, the last thing you probably think of is your urine.

Yet some surprising research has revealed something *remarkable*: the content of your urine might be linked to your chronic pain.

More specifically, high urine *acid* levels could be contributing to your joint or muscle pain.

## POPULAR POSTS

### Could This Morning “Pee Test” Reveal a Hidden Cause of Stiff and Aching Joints?

0 Total Shares

(<https://losethebackpain.com/could-this-morning-pee-test-reveal-a-hidden-cause-of-stiff-and-aching-joints/>)

### What Do Cancer, Heart Disease, and Arthritis All Have in Common?

0 Total Shares

(<https://losethebackpain.com/what-do-cancer-heart-disease-and-arthritis-all-have-in-common/>)

### This 30-Second Power Wash Ritual Cleans Your Arteries and Washes Away Joint Pain

0 Total Shares

(<https://losethebackpain.com/this-30-second-power-wash-ritual-cleans-your-arteries->

Too much acid in the body can damage tissues, and tissue damage breeds inflammation.

**And as you know, increased inflammation = increased pain.**

But how do you know if you have too much acid in your body?

Well, one way to tell is with a **simple urine test**. A routine urinalysis can measure the acid levels in your urine. In fact, your provider can usually test your sample right away by using an acid-base dipstick. High acid levels in your urine usually mean you have higher acid levels in your body too.

Now, you might be thinking “Ok, I get that too much acid can cause tissue damage...but how much does that really affect my joint pain?”

Well, researchers from Germany decided to figure that out. They gathered a group of 82 patients with chronic low back pain. Then they

and-washes-away-joint-pain/)

**What’s Your Inflammation Score? Answer These 3 Questions to Find Out**

0 Total Shares

(<https://losethebackpain.com/whats-your-inflammation-score-answer-these-3-questions-to-find-out/>)

**Why Doctors Are Dead WRONG About Arthritis and Joint Pain (#1 Cause is Actually Protein!)**

0 Total Shares

(<https://losethebackpain.com/why-doctors-are-dead-wrong-about-arthritis-and-joint-pain-1-cause-is-actually-protein/>)

**You  
MUST  
Eliminate  
This  
Protein**

Discover the  
**“Joint Pain**

gave these patients a daily alkaline mineral supplement for 4 weeks. By the way, alkaline means *less acidic*.

After the 4 weeks were up, the researchers drew blood samples from all the participants. To their amazement, they discovered the participants' blood became **LESS acidic**.

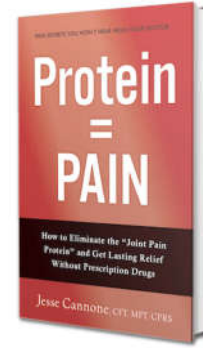
But that's not the best part.

After 4 weeks of taking that alkaline supplement, a whopping **92%** of the participants experienced a reduction in their low back pain!

How much of a reduction? The average decrease in pain score was **49%!**

Can you imagine how it would feel to potentially have your pain cut in *half* in just 4 weeks?

This was an *amazing* discovery. But it got us wondering WHY does a decrease in acid levels



**Protein"** that wreaks havoc in your body far beyond your joints.

Get your **FREE copy of Protein=Pain** ebook..

Plus health breakthroughs from the world's leading pain relief experts every week for FREE.

**Sign Up For**

have such a profound effect on relieving pain?

Well, the researchers considered that too. They speculated the pain-relieving effect was due to restoration of **healthy enzyme function**.

You see, when it comes to chronic pain, there are **two major enzymes** you need on your side: **bromelain and papain**.

Bromelain and papain are enzymes that dissolve excess fibrin protein. Research has shown that too much fibrin protein blocks soothing blood flow, oxygen, and nutrients from reaching your damaged joints.

This lack of blood and oxygen essentially *suffocates* your joints, keeping you in agony.

But we've solved this problem with our best-selling natural formula, **Heal-n-Soothe®**.

**Heal-n-Soothe®** contains therapeutic doses of bromelain and papain to dissolve the fibrin

#### **Texts**

By checking this box, you agree to receive recurring automated promotional and personalized marketing text messages (e.g. cart reminders) from The Healthy Back Institute at the cell number used when signing up. Consent is not a condition of any purchase. Reply HELP for help and STOP to cancel. Msg frequency varies. Msg & data rates may apply. [View Terms \(https://attnl.tv/t/3hn\)](https://attnl.tv/t/3hn) & [Privacy \(https://attnl.tv/p/3hn\)](https://attnl.tv/p/3hn).

#### **Continue...**

We HATE spam too and will only send you great info.



<https://d3m9uo1vk58y2f.cloudfront.net/wp-content/uploads/2023/06/06154933/LWN-HnS-BottleTrans-1-1.png>

suffocating your joints. This promotes a healthy inflammatory response and allows your joint tissues to **heal and breathe again.**

**Heal-n-Soothe®** also contains turmeric and ginger, which are both alkaline herbs. So both of these herbs can support healthier acid levels too, which promotes more pain relief.

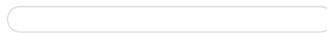
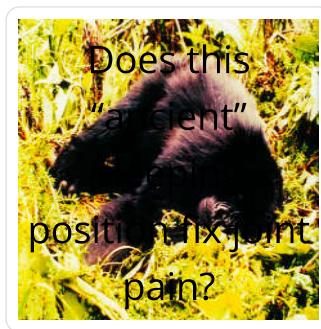
**Heal-n-Soothe®** has transformed *thousands*

of lives and we'd love for you to be next. In fact, we want to send you a FREE bottle so you can try **Heal-n-Soothe®** for yourself. We just ask you to cover the nominal shipping & handling fee.

This is first come, first serve while supplies last. Click the button below to claim your free bottle of **Heal-n-Soothe®** today!

**Claim Your FREE Bottle of Heal-n-Soothe®**  
**While Supplies Last**  
**([https://secured.losethebackpain.com](https://secured.losethebackpain.com/products/188/sp-heal-n-soothe-free-trial)**  
**/products/188/sp-heal-n-soothe-free-trial)**

**You may also like to read...**





# 5 thoughts on “Could This Morning “Pee Test” Reveal a Hidden Cause of Stiff and Aching Joints?”



*Kevin Mepstead says:*  
October 15, 2023 at 9:27 am (<https://losethebackpain.com/could-this-morning-pee-test-reveal-a-hidden-cause-of-stiff-and-aching-joints/#comment-3162127>)

How come it takes so long to get orders to Australia.I am still waiting for 2 orders

Reply



*Haydee Delhomme says:*  
October 16, 2023 at 9:55 pm (<https://losethebackpain.com/could-this-morning-pee-test-reveal-a-hidden-cause-of-stiff-and-aching-joints/#comment-3162129>)

I have not ordered your Heal-n-Soothe because I am on a blood thinner medication.. I believe in it's potential to heal.

Reply



*James K. says:*  
October 18, 2023 at 3:54 pm  
(<https://losethebackpain.com/could-this-morning-pee-test-reveal-a-hidden-cause-of-stiff-and-aching-joints/#comment-3162133>)

We thank you for your interest in Heal-n-Soothe. We do offer other supplements that can be taken with blood thinners such as



the Super Joint Support or My Daily Collagen.  
Here's a link to try the Super Joint Support for  
free today:

<https://offers.losethebackpain.com/products/201/sp-super-joint-support-standalone-trial>  
(<https://offers.losethebackpain.com/products/201/sp-super-joint-support-standalone-trial>)

Thank you,  
James HBI-Staff

Reply



*Lorraine Mills* says:

October 20, 2023 at 4:55 am (<https://losethebackpain.com/could-this-morning-pee-test-reveal-a-hidden-cause-of-stiff-and-aching-joints/#comment-3162138>)

No comment at this time just excited sounds awesome

Reply



*James K. says:*  
October 20, 2023 at 3:13 pm  
(<https://losethebackpain.com/could-this-morning-pee-test-reveal-a-hidden-cause-of-stiff-and-aching-joints/#comment-3162140>)

We look forward to hearing about how it goes for you! Don't forget to read the instructions and you will have the best results.

Thank you for trying our product,  
James HBI-Staff

Reply

### **LEAVE A REPLY**

Your email address will not be published. Required fields are marked \*

**Comment \***

**Name \***

**Email \***

Website

Save my name, email, and website in this browser for the next time I comment.


The reCAPTCHA verification period has expired. Please reload the page.

POST COMMENT

 **MY ACCOUNT**

 **FAQ (/FAQ/)**  **ORDER STATUS (/ORDER-STATUS/)**

 **SHARE YOUR STORY (/MY-TESTIMONIAL/)**

 **CONTACT US (/CONTACT-US/)**

# Find a Solution to Your Pain

# Problems

Search for pain solutions here...



## POPULAR SEARCHES

[Back Pain Exercises \(/treatments/back-pain-exercises-and-stretches/\)](/treatments/back-pain-exercises-and-stretches/)

[Lower Back Pain \(/conditions/lower-back-pain/\)](/conditions/lower-back-pain/) [Neck Pain \(/conditions/neck-pain/\)](/conditions/neck-pain/)

[Herniated Disc \(/conditions/herniated-disc/\)](/conditions/herniated-disc/) [Sciatica \(/conditions/sciatica/\)](/conditions/sciatica/)

[Pinched Nerve \(/conditions/pinched-nerve/\)](/conditions/pinched-nerve/)

## INSIDE LOSETHEBACKPAIN.COM

---

[About Us \(/About-Us/\)](/About-Us/)

[Contact Us \(/Contact-Us/\)](/Contact-Us/)

[Quality \(/Quality/\)](/Quality/)

[Company Values \(/Company-Values/\)](/Company-Values/)

[Customer Success](#)

## POPULAR PRODUCTS

---

[Arthritis Reversed](https://Securessl.Losethebackpain.Com/Products/118/Sp-Arthritis-Reversed-Book)

([Https://Securessl.Losethebackpain.Com](https://Securessl.Losethebackpain.Com)

[/Products/118/Sp-](/Products/118/Sp-Arthritis-Reversed-Book)

[Arthritis-Reversed-Book](#)

)

[Heal-N-Soothe](#)

([/Products/Heal-](/Products/Heal-N-Soothe/)

[N-Soothe/](#))



**GET YOUR  
FREE COPY**

**7-DAY MEAL PLAN  
FOR ULTIMATE  
PAIN RELIEF**

Stories (/Our-Success-  
Stories/)  
Medical Advisory Board  
(/Medical-Advisory-  
Board/)  
Careers / Job  
Opportunities  
(//Healthybackinstitute.ApplyforaJob/  
/Apply/)  
Affiliate Program  
(/Affiliates/)  
Media/Press (/Media-  
Press/)

Inversion Tables  
(/Products/Seated-  
Inline-Inversion-  
System/)  
Natural Cleanse  
(Https://Securessl.Losethebackpain.Com  
/Products/152/Sp-  
Major Cleanse)  
Rub On Relief  
(/Products/Rub-On-  
Relief-Tube/)  
Sleepzyme (/Products  
/Sleepzyme/)  
The 7-Day Back Pain  
Cure  
(Https://Securessl.Losethebackpain.Com  
/Products/144/Sp-  
Free-7-Day-Back-Pain-  
Cure-Book)  
The Live Pain Free  
Cookbook (/Products  
/Live-Pain-Free-Cook-  
Book/)  
Far Infrared Heating  
Pads  
(Https://Securessl.Losethebackpain.Com  
/Products/139/Pp-  
Deep-Heat-Healing-Pad)

**GET YOUR FREE COPY**  
**([https://securessl.lose  
thebackpain.com  
/products/154/sp-  
7-day-meal-plan](https://securessl.lose<br/>thebackpain.com<br/>/products/154/sp-<br/>7-day-meal-plan))**

## SHOPPING

---

My Account

(<https://myaccount.losethebackpain.com/login>)

Shipping/Return Policy

([/shipping-return-policy/](#))

Quality Assurance

([/quality-assurance/](#))

---

All material herein is provided for information only and may not be construed as personal medical advice. No action should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being. The publisher is not a licensed medical care provider. The information is provided with the understanding that the publisher is not engaged in the practice of medicine or any other health-care profession and does not enter into a health-care practitioner/patient relationship with its readers. The publisher is not responsible for errors or omissions.

If you want to use an article on your site, this content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from the Healthy Back Institute is required.

**Privacy Policy (<https://losethebackpain.com/site-privacy-policy/>)**

**Terms & Conditions (<https://losethebackpain.com/terms-and-conditions/>)**