

BEGINNERS' GUIDE TO AVOIDING OXALATE OVERLOAD

What's the Problem?

Oxalates are toxins that can make a mess of our tissues and metabolism

Oxalate harms the body's systems of maintenance, protection and repair, and is linked to many disease processes. Oxalate can leave crystal deposits in the body.

Symptoms are often delayed, variable, and changeable. Oxalate affects each person differently. The toxic effects usually go unnoticed even in very sick people.

Removing oxalate addresses a common contributor to disease

Many people have found that lowering their oxalate intake has helped to reduce or resolve chronic health complaints, such as...

Autoimmune (Lupus, Mast Cell...)	Kidney Stones
Bladder Problems (IC, UTI...)	Mood or Sleep issues
Digestive (reflux, gastritis, IBS...)	Pain anywhere
Fragile bones, skin, joints	Slow healing / Infections
Hormonal or Thyroid issues	Thin skin, psoriasis, eczema

Sensitivity (to meds, foods, alcohol, chemicals, noise, light, EMFs)

Do I Have an Oxalate Problem?

Non-invasive medical tests are inaccurate (due to fluctuations) and cannot tell you if you have an oxalate problem.

Have you been regularly eating high oxalate foods?

Adopting oxalate-aware eating may tell you a lot — once you know how to interpret your body's reactions.

Is It Safe?

There is no nutritional need for high oxalate foods, despite their popularity. Low oxalate foods are very nutritious.

You may sometimes feel worse. Transient worsening of symptoms is part of healing when the body lets go of accumulated oxalate.

Simple aids can help your body recover: Lemon juice, potassium citrate, magnesium citrate, and calcium citrate. Vitamins B1, B6. Hot sauna. Mineral bathing.

Is Low Oxalate Eating Hard to Do?

Low-Oxalate Eating is Simple and Affordable.

Replacing high-oxalate foods with low-oxalate substitutes is easy and flexible.

Good Information is Essential. Many lists on the internet are riddled with confusing errors. Start with my beginners' lists included here. It will take some time to familiarize yourself with "the data."

Unfashionable. Your friends and even your doctor are not aware of oxalate in foods or the many benefits of avoiding it. They might not understand it or support you. Does that matter to you? Will it stop you?

Compared to What? This may be the most flexible and adaptable elimination diet there is. It can be adapted to almost any eating style and personal need.

Do You Have an Eating Disorder or Special Challenges? Get support.

How Do I Start?

Start Where You Are. Which of the worst offender high oxalate foods do you eat routinely? Of these, which do you like the least? Start by eliminating that one high oxalate food. Examples: swiss chard, spinach, beets, and almonds.

A Safe Transition is a Gradual Process. It's not helpful to drastically lower your intake all at once. Don't traumatize your body, your microbiome, or your life. Cut your oxalate intake down gradually.

Shop with My Best Bets List. Fill your pantry with safer foods (white pepper, arugula, lettuce, turnips, eggs, meats).

Keep Learning and Growing. Try new foods, new recipes, and expand your palate and culinary talents.

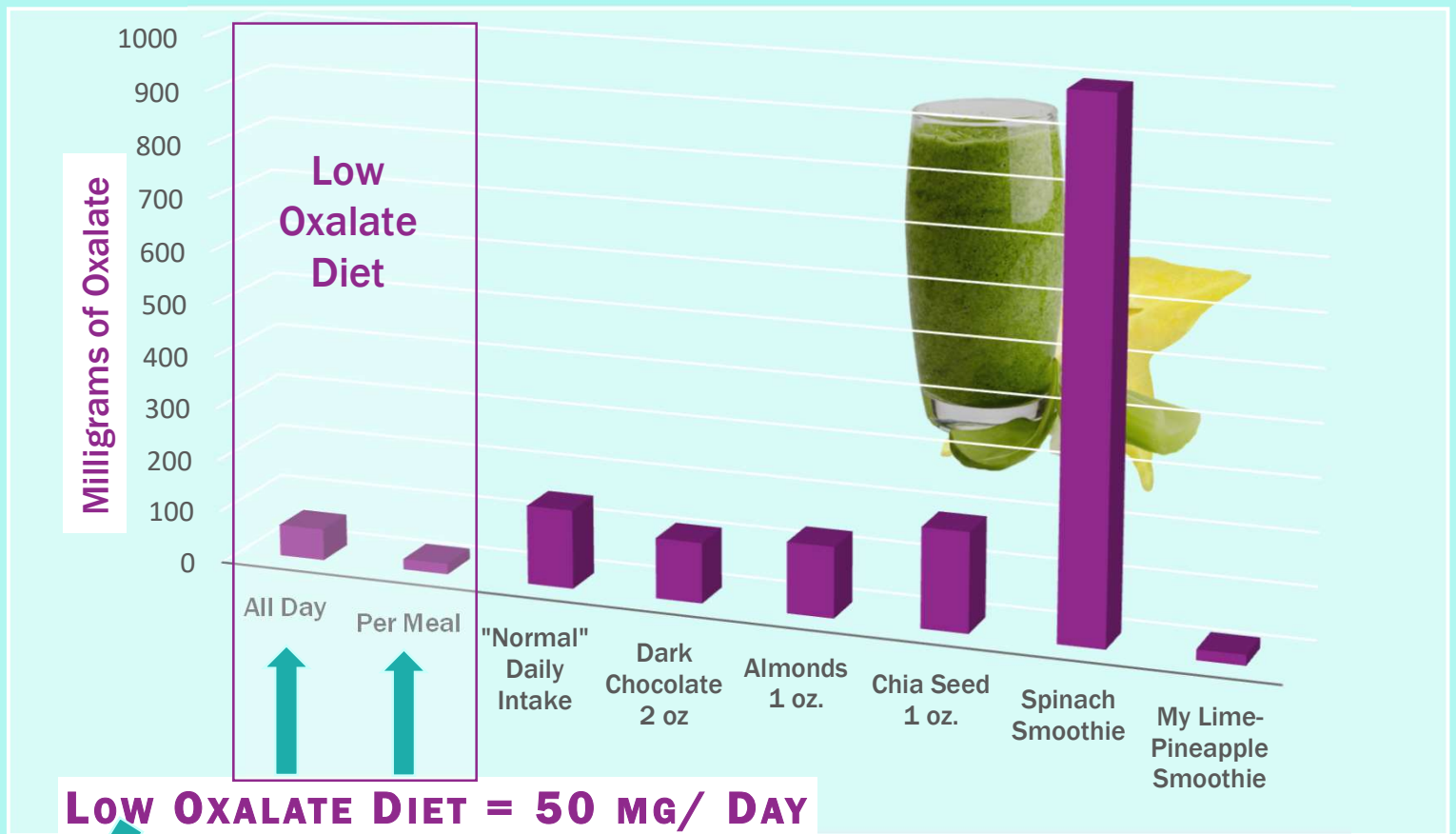
You Don't Have to be Perfect. If you eat plants, you can't eliminate oxalates entirely. Consistency is important.

Full Recovery Takes Time. Learn to recognize the "ups and downs" as your body cleans out the oxalate deposits, possibly over years. Stick with it. Get the support you need.

Find more information and advice here: sallyknorton.com

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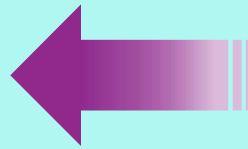
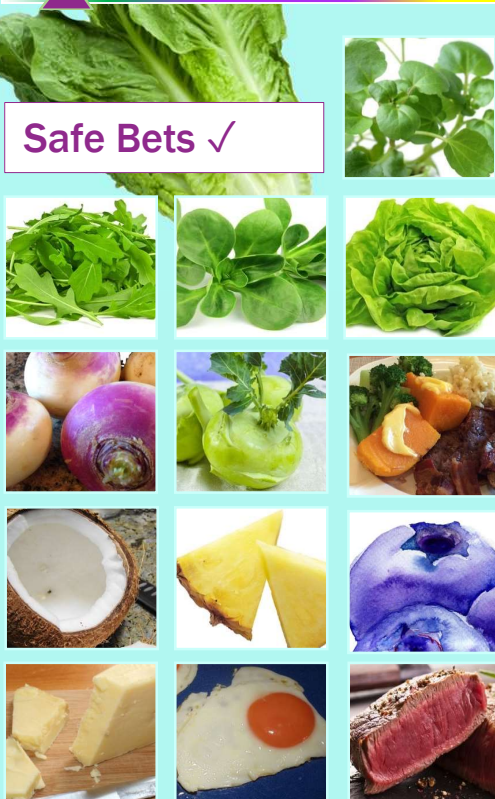
MAKE THE SWITCH TO OXALATE-AWARE EATING



"Normal" Daily Range

50 mg 100 – 200 mg It is easy (and damaging) to eat extremely high levels of oxalate! 600 mg

Safe Bets ✓



sally k. norton
Vitality Coach, Speaker & Health Consultant

OXALATE IN FOODS

Beginners' Food List

WORST OFFENDERS Very High Oxalate Foods to Avoid	SAFE BETS Low and Very Low Oxalate Foods
ANIMAL FOODS	
	Meats, Dairy, Butter, Eggs, Fish, Shellfish, Fats.
SEEDS AND NUTS	
Chia, Hemp, Poppy, Sesame, Tahini, Almonds, Cashews, Peanuts, Pecans, Pine nuts.	Flax, Pumpkin, Sunflower, or Watermelon, seeds. Seed Oils. Coconut (a fruit).
VEGETABLES	
Carrots, Celery, Nopal Cactus, Chard, Beet Greens, Beets, Sorrel, Okra, Parsnips, Sugar Snap Pea Pods, Sweet Potatoes, White Potato (fries, chips, etc.), Rhubarb, Spinach, Tomato Sauce, Green tomatoes, Yams.	Asparagus, Arugula, Lettuce (Bibb, Butter, Iceberg, Romaine), Bok Choy, Brussel Sprouts, Red Bell Pepper, Cabbage, Capers, Cauliflower, Celeriac Root, Chives, Cilantro, Cucumber, Kale (Lacinato or Purple), Mushrooms, Onion, Pumpkin, Radish, Rutabaga, Turnips, Winter Squash, Watercress, Water Chestnuts, Zucchini.
FRUITS	
Apricot, Unripe Avocado, Blackberries, Clementine, Elderberries, Figs, Guava, Kiwi, Olives, Anjou Pear, Plantain, Pomegranate, Prunes, Raspberries, Star Fruit, Tangelo.	Gala Apple, Ripe Hass Avocado, Fresh Cranberries, Seedless Grapes, Kumquat, fresh Mango, Peach, Papaya (½ c), Fresh Plum, Bartlett pear, Cantaloupe, Watermelon, Honeydew, Orange Juice, Dates, Blueberries (½ c), Olive oil.
BEANS	
Black Beans, Great Northern Beans, Pinto Beans, Navy and most others. Soy Flour, Soy Milk, Soy Protein, Vegetarian Burgers and Meat Analogues.	Soaked, boiled, & drained: Butter Beans, Mung Beans, Black-Eyed Peas, Yellow or Green Split Peas; fresh or frozen green peas.
GRAINS AND GRAIN SUBSTITUTES	
Amaranth, Arrowroot, Barley Flour, Bran Cereal, Buckwheat, Green Banana Flour, Corn Grits, Whole Grain Bread, Potato Flour, Pumppernickel, Quinoa, Rice Bran, Rye Bread, Shredded Wheat, Teff, Tapioca Flour, Wheat Germ.	Pearl Barley, Cellophane Noodles, Coconut Flour, Coconut "Wraps", Corn-on-the-cob, Cornstarch, Kelp Noodles, Potato Starch (not "flour"), Rice Starch, White Rice, Arborio Rice, Thai Jasmine Rice, Uncle Ben's Minute Rice, Shirataki "Rice" or "noodles," White Rice Spaghetti, Red Lentil Pasta.
SNACKS AND TREATS	
Potato Chips, Sesame or Seeded Crackers, Milk or Dark Chocolate, Carob, Cocoa Powder, Brownies, Plantain Chips, Banana chips, Rhubarb Pie.	Blueberry Jam, Candied Ginger, Toasted Coconut Flakes, Coconut Ice Cream—Vanilla Flavor only, Dates, Flax Crackers, Pickles, Pork Rinds, Rice cakes, Yogurt, Vanilla Ice Cream (Dairy), White Chocolate, Whipped Cream.
BEVERAGES	
Almond beverages, Chocolate flavored milks and Mocha coffees, Hot Cocoa, Black and Green Tea, V-8 and other vegetable juices.	Coconut Milk; Coffee; Barley Water; Beer; Dairy Milk; Fruit Juices: Apple, Apple Cider, Cherry, Cranberry, Lemon, Lime, Orange; Ginger Ale; Herbal Teas; Kefir; Sparkling Waters; Wine.
SEASONINGS AND HERBS	
Black Pepper, Caraway, Cinnamon, Cumin, Curry, Lemon Zest, Onion Powder, Parsley, Poppy, Turmeric.	Salt, Bay leaf, Cayenne, Dill, Spice Extracts, Chocolate Extract, Fresh Garlic, Honey, Hot Sauce (Frank's & Tabasco), Horseradish, Mace, Marjoram, Mustard Seed, Peppermint, White Pepper, Sage, Savory, Stevia, Sugar, Tarragon, Thyme.



LEARN MORE ABOUT OXALATE AND YOUR HEALTH

Plants make oxalic acid and oxalate crystals to support their own biology and damage the fungi, insects, and other predators attacking them.

We can tolerate some oxalate in our diets, but today's "superfoods" and food fashions like smoothies—and the global food system itself—have blown the lid off how much oxalate we consume, far exceeding our capacity to handle it.



molecule of misery

Messes with
Membranes and
Mitochondria.

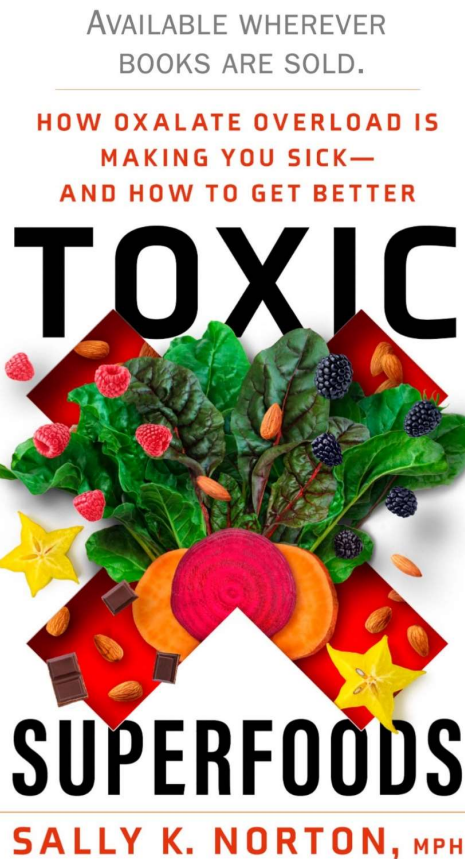
produces

- ❖ Mineral loss
- ❖ Inflammation
- ❖ Tissue Damage
- ❖ Metabolic Damage

At the same time, modern life increases our vulnerability to the toxic effects of oxalate. The result is a growing public health crisis of chronic physical degeneration created by the very foods we eat to try to get healthy. Symptoms can take years to emerge and show up differently in different people.



calcium oxalate crystals in urine. Laube, et al. 2014



Penguin
Random
House

Advance Praise for *Toxic Superfoods*

"The conventional advice to eat "mostly plants" is seriously challenged by the reality that plants contain known toxins. Norton makes a compelling case that oxalates are the x-factor contributing to many mysterious health conditions." —Nina Teicholz, author of *The Big Fat Surprise*

"...a common naturally occurring toxin is creating a potential public health crisis for people who are trying their best to eat well." —Aaron Blaisdell, PhD, UCLA Professor of Behavioral Neuroscience

"I highly recommend this book to anyone who has been wrestling with poor health and not gotten the answers they need from the medical profession."

—Neil Nathan, MD, author of *Toxic: Heal Your Body from Mold Toxicity, Lyme Disease, Multiple Chemical Sensitivities and Chronic Environmental Illness*

