# Oxalates: Toxic Superfoods

*Adapted from Toxic Superfoods: How oxalate overload is making you sick, and how to get better by Sally K. Norton, MPH*

Oxalates naturally exist in many plants as defense from being eaten. Our bodies are usually able to clear them out, however excessive oxalates and/or predisposing health concerns can lead to significant and wide-ranging symptoms.

Review the following lists. If you have any of the symptoms for unknown reasons and also have any predisposing factors in your personal health history or regularly eat these foods, you may be affected.

## Symptoms

- Kidney stones/damage
- Vertigo (inner ear crystals)
- Arthritis/Inflammation
- Fatigue
- Itchy eyes/skin
- Excessive tartar on teeth
- Bladder issues
- Bowel and digestive disorders (IBS, leaky gut)
- Yeast infections
- Cold hands and feet
- "Heavy" groin
- Clumsiness
- Cramps/Spasms
- Headaches
- Light and noise sensitivity
- Anxiety/Depression

## Predisposing Factors

- Low calcium diet (dairy-free, vegan)
- A regular diet of gut irritating foods like bran, beans, whole grains and quinoa
- A history of excessive antibiotics and antifungals
- Long-term NSAID use
- Obesity
- Diabetes
- Gut disorders (Crohn's, IBS, leaky gut, food sensitivities)
- Frailty
- Poor kidney health

## High Oxalate Foods

- Potatoes (most types)
- Beets and beet greens
- Spinach
- Almonds (Whole, butter, flour, and milk, along with several other nuts and seeds)
- Peanuts and various legumes
- Chia seeds
- Soy
- Spices like curry and black pepper
- Black and green teas
- Whole grains
- Quinoa
- Raspberries

If this sounds like you, the first step is to replace the high oxalate foods with better options, like coconut flour, potato starch (not potato flour), new potatoes, red bell peppers, white rice, white pepper, romaine lettuce, arugula, turnips, cauliflower, seeds like pumpkin and sunflower. The goal is NOT to avoid oxalates entirely, but to eat a normal amount, between 130-220 mg/day. Resources and information are found in Toxic Superfoods and on sallyknorton.com.

Detoxing oxalates can create more symptoms. We recommend working with a nutritional expert to complete the detox process and regain your health.

***For educational purposes only and is not a substitute for healthcare advice or services. Not intended to diagnose, treat, or cure any disease or condition. Please discuss any desired changes with a qualified healthcare practitioner.***