

NOSH ROCKS

Naturally Organic Slim & Healthy,

RO’s Carb-cutting Kick-Start

Oxalate Awareness

**Table of Contents**

[What are Oxalates? 3](#_Toc175054679)

[Potential health challenges of oxalates 4](#_Toc175054680)

[Where do you find them? 4](#_Toc175054681)

[Safe level 5](#_Toc175054682)

[Safer Options: 5](#_Toc175054683)

[Oxalate Drivers 5](#_Toc175054684)

[Interesting Facts ! 6](#_Toc175054685)

[Human Use of Oxalates 6](#_Toc175054686)

[Recovery 6](#_Toc175054687)

[Summary 6](#_Toc175054688)

# A bunch of food on a table Description automatically generatedWhat are Oxalates?

**Picture of health?**

Have you heard of oxalic acid, oxalate salts or oxalate crystals? Collectively, they are known as Oxalates. Oxalates are natural toxins which are used by plants to defend themselves against infections, fungus and plant eating animals. However, in the process of defending themselves, they can actually cause us harm. Personally, I know about this as I am recovering from an overload which caused issues with my hair, nails, skin and general inflammation in my body.

Oxalic acid binds to minerals such as calcium and forms crystals with the form of rough sand, diamonds, pyramids and needles with barbed tips known as Raphides. Raphides are designed to carry poison as they pucture cells in the mouth, throat and intestines. They also deplete magnesium from the body which prevents the cells from using glucose.

# Potential health challenges of oxalates

* Hair loss, nail breakages, skin issues
* Deplete Calcium and Magnesium => heart Arrythmia, osteoporosis
* Kidney Stones and kidney failure
* Joint & muscle pain, athritis
* Indigestion - Reflux, hiccups, bloating
* Fatigue, brain fog, poor sleep, low moods
* Slow healing
* Genital and urinary tract problems
* Cardiovascular disease
* Cancer

This list is not comprehensive. Everyone is different and we can be impacted in many different ways depending on the toxicity level and our body’s ability to deal with it. Some people have more Oxalobacter bacteria which can break down oxalates but it has disappeared in many people.

# Where do you find them?

* Amaranth family: spinach, chard, lamb’s lettuce, amaranth, quinoa, beets and their leafy green tops
* Buckwheat family including rhubarb
* Seeds; Chia, poppy, sesame, hemp
* Most tree nuts: Almonds, especially with skin, cashews, pine nuts
* Night Shades / Solanacea: Potatoes, aubergines, tomatoes, peppers. Red peppers are low but others are high.
* Beans (including cocoa), teff, wholegrains
* Spices such as cinnamon, turmeric, black pepper, ginger, allspice, cumin
* Herbs such as parsley and basil
* Oxalate producing mould: Aspergillus and Penicillium. These impact wheat flours, dried and fresh fruit.
* Star Fruit, blackberries, figs. 500ml of Star Fruit Juice can kill

# Safe level

Is there a safe level? 150-200mg per day. To put this in perspective, approximately:

* 90g boiled spinach = 450mg, more than twice the safe level
* 110g sweet potato = 120mg
* 20g chia seeds = 130mg
* ½ tsp turmeric = 25mg
* 28g whole almonds = 120mg
* 2 tbsps cocoa = 80mg

# Safer Options:

* Brocoli, Cauliflower, Rocket,
* Mustard greens, Collards, Kale (not curly)
* Watercress
* Radish
* Turnips
* White Pepper

# Oxalate Drivers

* Gastric Bypass
* Vitamin C in Excess
* Anti-inflammatories; ibuprofen, paracetamol
* Ethylene glycol – used in Nando’s sauces
* Juices, smoothies, nut milks- break down cell walls releasing more oxalates
* Collagen supplements
* Glyoxal- anti-microbial product used in cosmetics to create formaldehyde
* Oxidative Stress
* Drugs: Lexapro - for anxiety. Oxaliplatin - chemo

# Interesting Facts !

Diffenbachia house plants, also known as Dumb Cane can actually propel raphide crystals into the air and cause histamine reactions and temporary paralysis of vocal cords. This is where the name Dumb Cane comes from.

Hunters used to drive their arrowheads into banana trunks before hunting as it paralyses prey. It is a neurotoxin.

# Human Use of Oxalates

* As a pesticide for beekeepers
* To stop green veg yellowing
* Hunters used to drive their arrowheads into banana trunks before hunting as it paralyses prey. It is a neurotoxin.
* Originally called Salts of Lemon. Used in the past to remove ink stains and to prepare cotton by cotton producers – bleach and dye fixative
* Etching and polishing in engraving
* Laundry powder- Essential salts of lemon. Still used in some cleaning products
* Ethylene glycol – used for cleaning in the brewing industry
* Was even added to foods and drinks to impart a ‘lemony’ taste
* Potassium oxalate used to test blood glucose levels -binds to magnesium to isolate the glucose.

# Recovery

* Adopt a low-oxalate diet - gradually
* Avoid the Pre-cursors
* Saunas
* Cold Therapy
* Mineral Supplements – calcium, potassium, magnesium, salt

# Summary

Take it slow and easy. I cannot recommend Sally Norton’s book enough. You can also find her resources on Youtube. Anthony Chaffee is another proponent of the low-oxalate way of eating.

A UK shining example is Richard Smith of Keto Pro. He reversed his obesity, type 2 diabetes, food addictions and became UK and European Body Building champion using Real Food.

Everyone is unique so it is important to do your own research.