

CHEAT SHEET OXALATES

OXALATES - WHAT ARE THEY?

Oxalates are chemicals found naturally in our bodies and in many of the foods we eat. Oxalates are unable to be digested by the body and in a healthy body, are not usually absorbed. If your gut health is compromised, you could have a problem with oxalates.

WHY ARE THEY AN ISSUE?

If you have 'leaky gut' or problems with digestion, your body could find it hard to eliminate oxalates, possibly absorbing them and storing them instead. When oxalates are stored in the body, they may cause problems such as inflammation and discomfort and over time lead to more serious health concerns.

COMMON FOODS THAT ARE HIGH IN OXALATES

Oxalates can be found in many of the foods we eat every day, even foods we think of as being very healthy. Fruits such as blueberries, kiwi, oranges and raspberries and vegetables such as broccoli, spinach, carrot and celery are all high in oxalates. Other popular foods include almonds, black tea and chocolate along with some grains and legumes.

HOW TO KNOW IF OXALATES AFFECT YOU

There are various conditions associated with a low tolerance for oxalates including kidney stones, joint pain, thyroid disease, Autism Spectrum Disorder and more. Common symptoms include painful urination, uncomfortable bowel movements, joint pain, fatigue and depression. If you have concerns about any of these symptoms, see your health professional to make sure you receive the care and treatment that is right for you.

WHAT TO DO ABOUT IT?

A healthy gut is the foundation of great health and wellbeing and looking after your gut will help your body manage oxalates. A whole food diet and the right probiotic are a great place start. The appropriate food preparation such as soaking nuts and cooking vegetables can also help reduce problems with oxalates. Seek guidance and support from a professional for further information and treatment options.

RESOURCES:

For more information on looking after your gut, [this is a great article](#) by Alisha from The Naughty Naturopath Mum.

And don't forget we have a whole [Mini-Course on Gut Health in the Membership!](#)