

Oxalates

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I am always trying to find alternative ways to help my patients. This is not meant to be evidenced based or common practice guidelines by any means in the medical community. However, I like to present patients with different topics, so they can explore different things. Before doing anything, I recommend you consult with a medical professional.

I wanted to share with you a concept that I was exposed to when I was looking up different nutritional advice I could give my patients. I had not learned about oxalates much in medical school, and not much nutrition in general. I came about Sally Norton, who exposed me to this topic. Oxalates simply are a negative 2 charge, which can absorb positive 2 charge chemicals in your system (for example Magnesium, Calcium, etc), and when no longer able to do this, they will start creating inflammation by making what we call reactive oxygen species.

We should always be mindful of our diet. The above link is a talk by Sally Norton on the overall picture of oxalates. A lot of the foods we find healthy can be not so healthy in higher dosages. This is particularly the case with new diet fads of keto diet, veganism/vegetarianism, along with drinking many juices or smoothies. Sally Norton urges people to be mindful of what they consume, and we can combat a lot of negative effects from oxalates by consuming yogurt (which is also a great probiotic) and consuming items with lower oxalate levels. She has a list of foods with different levels of oxalates

(high, medium, low). You can research this, but I have also pasted a link to her website. This is by no means meant to overhaul your diet, but another layer of ways you can think about healthy consumption. Please listen to above and see how this can help you.

Check it out and feel free to share your experiences!

Links:

1. <https://www.youtube.com/watch?v=ywe-5Q-Rjwg>
2. <https://sallyknorton.com/oxalate-science/oxalate-basics/>