

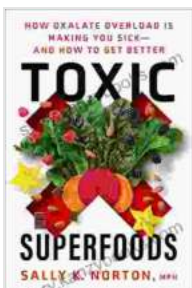
# How Oxalate Overload Is Making You Sick And How To Get Better

Many people are suffering from a wide range of health problems without knowing the real cause. They may be experiencing fatigue, digestive issues, pain, inflammation, and even more serious conditions like kidney stones or chronic pain. If you're one of these people, you may be suffering from oxalate overload.

Oxalates are naturally occurring compounds found in many plants. They are also produced by the body as a waste product of metabolism. When consumed in small amounts, oxalates are not a problem. However, when consumed in excess, they can bind to minerals in the body, forming crystals. These crystals can then accumulate in the tissues and organs, causing a variety of health problems.

## Symptoms of Oxalate Overload

The symptoms of oxalate overload can vary depending on the severity of the condition. Some of the most common symptoms include:



## Toxic Superfoods: How Oxalate Overload Is Making You Sick--and How to Get Better by Sally K. Norton

★★★★★ 5 out of 5

Language : English

Text-to-Speech: Enabled

FREE

DOWNLOAD E-BOOK



- Fatigue
- Digestive issues (such as bloating, gas, diarrhea, and constipation)
- Pain (such as joint pain, muscle pain, and headaches)
- Inflammation
- Kidney stones
- Chronic pain
- Depression
- Anxiety
- Insomnia

## **Causes of Oxalate Overload**

There are a number of factors that can contribute to oxalate overload. Some of the most common include:

- **Consuming a high-oxalate diet.** Foods that are high in oxalates include spinach, rhubarb, beets, nuts, and chocolate.
- **Having a digestive disorder.** Digestive disorders can prevent the body from properly absorbing nutrients, which can lead to oxalate overload.
- **Taking certain medications.** Some medications, such as antibiotics and antacids, can increase oxalate levels in the body.
- **Having a genetic predisposition to oxalate overload.** Some people are more likely to develop oxalate overload than others.

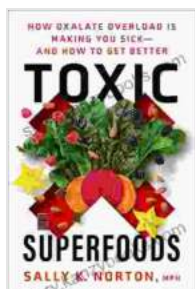
## How to Get Better from Oxalate Overload

If you think you may be suffering from oxalate overload, it's important to see a doctor to get a diagnosis. Once you have been diagnosed with oxalate overload, there are a number of things you can do to get better.

These include:

- **Following a low-oxalate diet.** A low-oxalate diet is a diet that is low in foods that are high in oxalates. This diet can help to reduce the amount of oxalates in the body.
- **Taking supplements.** There are a number of supplements that can help to reduce oxalate levels in the body. These supplements include magnesium, calcium, and vitamin B6.
- **Making lifestyle changes.** There are a number of lifestyle changes that can help to reduce the risk of oxalate overload. These changes include drinking plenty of water, getting regular exercise, and reducing stress.

Oxalate overload is a serious condition that can cause a wide range of health problems. However, it is a condition that can be treated. If you think you may be suffering from oxalate overload, it's important to see a doctor to get a diagnosis and start treatment.



### Toxic Superfoods: How Oxalate Overload Is Making You Sick--and How to Get Better by Sally K. Norton

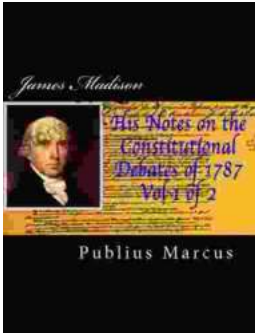
★★★★★ 5 out of 5

Language : English

Text-to-Speech: Enabled

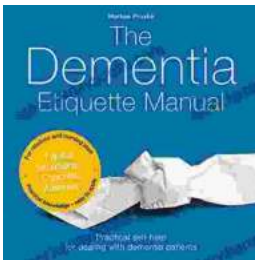
FREE

DOWNLOAD E-BOOK



## James Madison: His Notes on the Constitutional Debates of 1787, Vol. I

James Madison's Notes on the Constitutional Debates of 1787 are a vital source for understanding the creation of the United States Constitution. This...



## The Dementia Etiquette Manual: A Comprehensive Guide to Understanding and Caring for Persons with Dementia

If you're like most people, you probably don't know much about dementia. That's understandable. Dementia is a complex and challenging condition that affects...