

REASONS WHY WE GET EXCESSIVE AMOUNTS OF OXALATES IN THE BODY

• Overconsumption of High Oxalate Foods

Spinach, Swiss chard, chia seeds, almonds, rhubarb, plantains, etc

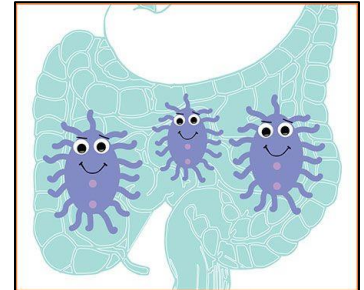


• Antibiotic Use

Antibiotics kill the primary bacteria responsible for degrading oxalates

• Dysbiosis

There is not enough good bacteria in the gut to break down oxalates



CANDIDA

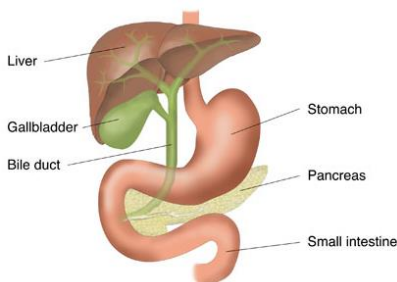


• Yeast/Fungal Overgrowth

Yeast/fungi add to the oxalate burden by producing more oxalates

• Micronutrient Deficiencies

Vitamin B1, Vitamin B6, Calcium, Magnesium

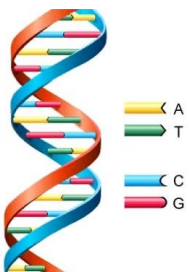


• Fat Malabsorption

Excess fat binds to calcium, so calcium isn't available to bind with oxalates, leaving oxalates free to get into the blood and tissues

• Leaky Gut & Gut Inflammation

A leaky gut allows oxalates to get into the bloodstream, and an inflamed gut greatly increases absorption of oxalates



• Genetic Defects

Some people have less of an ability to handle oxalates