

Natural Medicine: Low Oxalates Foods May Help Reduce Auto-Immune Disease Risk, Autism and Fibromyalgia

By Dr. Michael John Badanek, BS, DC, CNS, CTPP, DACBN, DCBCN, MSGR./CHEV

Oxalate (or oxalic acid) is a compound found in a variety of plant-based foods. Under a microscope, oxalates are jagged in structure and look somewhat crystalline.

During metabolism, oxalic acid combines with other minerals like calcium, sodium, magnesium, and potassium to form compounds like calcium oxalate and sodium oxalate in the kidneys. This in turn may be responsible for mineral deficiencies.

One of the most common issues with increased oxalates in the urine (hyperoxaluria) is the formation of kidney stones. However, if the body struggles to eliminate oxalate it can accumulate as crystals anywhere in the body. Commonly it accumulates in blood, then the eyes, bones, skin, muscles, blood vessels, heart and other organs.

High oxalates have also been linked with autism and inflammatory bowel disease. It can also be an underlying issue in those with ongoing gut problems or irritable bowel syndrome.

Tissue destruction, fibromyalgia and autoimmune diseases such as rheumatoid arthritis and lupus are all issues that can be related to oxalates because oxalate in tissues trigger the inflammasome reactions of the body's innate immune system.

As a side note, the thyroid will also suffer as oxalates can bind to T3 and disturb thyroid function.

The following list of vegetables should be helpful in identifying foods high in oxalates

Foods (3.5 oz or 100 g)	Oxalate (mg)	Foods (3.5 oz or 100 g)	Oxalate (mg)	Foods (3.5 oz or 100 g)	Oxalate (mg)
Flours & Mills		Seed containing vegetables		Leafy vegetables	
Barley flour	56	Cucumber, raw	20	Amaranth leaves, raw	1,090
Buckwheat flour	269	Eggplant, raw	190	Beet leaves, raw	610
Corn meal	54	Eggplant, green, long, raw	55	Brussels sprouts, raw	360
Rice flour, brown	37	Okra, raw	50	Cabbage, green raw	100
Rye flour, dark	51	Pepper, raw	40	Chicory, raw	210
Semolina flour	48	Snap beans, raw	360	Chinese cabbage, raw	6
Soy flour	183	Squash, raw	20	Chinese, kale, raw	23
Wheat flour, white unbleached	40	Tomato, raw	50	Chives, raw	1,480
Wheat flour, whole	67	Yard long beans, green, raw	38	Collards, raw	450
Wheat Germ	269			Coriander, raw	10
				Endive, raw	110
				Kale, raw	20
				Leek	89
				Lettuce, raw	330
				Parsley, raw	1,700
				Purslane, raw	1,310
				Spinach, raw	970
				Turnip greens, raw	50
				Watercress, raw	310
Fruits		Legumes (Beans & Peas)		Tuber & Root vegetables	
Bitter melon, raw	71	Anasazi beans, boiled	80	Beetroot, boiled	675
Papaya raw	5	Azuki beans, boiled	25	Carrot, raw	500
Green goose berries	88	Black beans, boiled	72	Cassava root, raw	1,260
Black berries	19	Cowpeas (blackeye peas), boiled	4	Parsnip, raw	40
Blueberries, strawberries, red raspberries	15	Gabanzo beans, boiled	9	Potato, raw	50
Black raspberries	55	Great northern beans, boiled	75	Radish, raw	480
Concord grapes	25	Kidney beans, red cooked	16	Rutabaga, raw	30
Currents	19	Lentils, boiled	8	Sweet potato, raw	240
Lemon peel	83	Lima beans, large, boiled	8	Turnip, raw	210
Lime peel	110	Navy beans, boiled	57		
Rhubarb	800	Peas, green, split, boiled	6		
		Peas, raw	50		
		Peas, yellow, split, boiled	5		
		Pink beans, boiled	75		
		Pinto beans, boiled	27		
		Red beans, boiled	35		
		Soybeans, boiled	56		
		White beans, small boiled	78		
Nuts		Stem & Stalk vegetables		Other vegetables	
Almonds, roasted	469	Asparagus, raw	130	Corn, sweet, raw	10
Cashews, roasted	262	Broccoli, raw	190	Garlic, raw	360
Hazelnuts, raw	222	Cauliflower, raw	150	Onion, raw	50
Macadamia nuts, raw	42	Celery, raw	190		
Peanuts, raw	142			Miscellaneous foods	
Pecans, raw	64			Black pepper	419
Pine nuts, raw	198			Chocolate	117
Pine nuts, roasted	140			Cocoa powder	623
Pistachio nuts, roasted	49			Indian tea (1 C)	72
Soy nuts (1 oz)	392			Soy protein	496
Walnuts, raw	74			Soy yogurt	113
				Soybean cracker	207
				Tofu	275

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As you can see from the list above your favorite spinach (> 900 mgs of oxalates) green smoothie may be contributing to a host of health issues!

Low oxalate diets involve eating less food that's high in oxalates. Foods high in oxalates include certain types of fruits, vegetables, nuts, grains, and legumes.

On a low oxalate diet, you should limit your oxalate to 40 to 50 mg each day.

Summary

Whether for kidney stone prevention or to address other possible chronic health conditions, a low oxalate diet may be the solution.

On a low oxalate diet, you may notice a decreased risk of kidney stones, improved mineral absorption, diminished joint and muscle pain, improvement in fibromyalgia, autism symptoms and improvement of autoimmune symptoms.

Dr. Badanek has been and currently is 41 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment, call 352-622-1151