

Symptoms & Exposure Inventory OXALOSIS

Oxalosis is the condition of oxalate becoming deposited in the body. When oxalate levels are high in the body, a number of health conditions can arise and persist.

The purpose of this questionnaire is to help identify a pattern of oxalate exposure and signs of oxalate toxicity.

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Part 1. SYMPTOMS INVENTORY

Part one is a quick list of some of the problems that occur when oxalate is high in the body.

Part 2. HIGH OXALATE FOODS: WHICH ONES DO YOU EAT?

Part two is a quick check list of common foods that contain a lot of oxalate. Eating these crystal-forming foods makes it more likely that inflammatory problems and crystal deposits build up in our bodies.

Part 3. WHAT CAN YOU LEARN FROM THIS?

You may find a pattern that fits. What is your next move?

Symptoms & Exposure Inventory **OXALOSIS**

PART 1. SYMPTOMS OR EXISTING DIAGNOSES

Instructions

Circle all symptoms that you have experienced periodically for 6 months or more.

Connective Tissue

Joint pain, aching, or weakness.
Swelling or inflammation around joints.
Arthritis or gout.
Cracking or noisy joints.
Muscle knots, pain, aching, or weakness.
Muscle or tendon stiffness or tenderness.
Tendinitis or joint weakness.
Bone pain or fractures.
Dental Cavities or loose teeth.
Slow or incomplete healing.
Tenderness at old injury sites.
Injury prone.
Osteopenia or osteoporosis.
Low muscle mass.

Digestive problems

Gastroenteritis.
Bloating, diarrhea, constipation.
Reflux.
Excessive belching.
Rectal burning or pain.

Neurological

Mental fatigue.
Insomnia or other Sleep problems.
Restless legs or aches in the legs or feet.
Difficulty with concentration, memory, or decision-making. Brain fog.
Attention problems or loss of organizational ability.
Problems with your mood; anxiety, or irritability.
Depression.
Tooth sensitivity.
Noise sensitivity.
Eye pain or light sensitivity.
Headaches.
Hiccups.
Clumsiness, dropping things, bumping into things.

Symptoms vary without obvious cause?

Metabolic

Generalized malaise; Chronic fatigue.
Thyroid disease.
Cold hands and feet.
Yeast infections.

Eye or vision problems

Red eyes.
Dry eyes.
Eye irritation.
Watery eyes.
Eye grit.

Toxicity

Chemical sensitivity.
Grinding teeth or tension at the side of the face.

Inflammation

Allergies or food sensitivities.
Autoimmune condition.
Sinus pressure or sinus congestion.
Rashes.
Sarcoidosis (inflamed tissues).

Lung or breathing problems

Asthma or COPD.

Calcifications

Dental tartar.
Salivary stones.
Thyroid stones.

Skin

Dry skin, frail skin.
Skin tags.
Thin skin around the genitals or anus.

Urinary

Frequent urination.
Urinary urgency.
Kidney Stones composed of calcium-oxalate.
Pelvic, urinary, or genital discomfort.
Cloudy urine.



PART 2. HIGH OXALATE FOODS

Instructions Check the appropriate box corresponding to how often you eat each of the foods listed here. Space is provided for counting up the total number of foods. This is not a complete list of high oxalate foods and makes no attempt to quantify your oxalate intake.

Food Item or Type	Eat Everyday	Frequently Eat (Currently)	Occasionally Eat	Used to Eat Frequently
WHOLE GRAINS AND PSEUDO -GRAINS				
Bran cereals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shredded Wheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quinoa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buckwheat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wheat germ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LEGUMES				
Peanuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pinto beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Black beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beans, other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soy flour or Soy protein	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetarian meat analogues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carob	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NUTS OR SEEDS				
Almonds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cashews or other nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chia Seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sesame seeds; Tahini	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Poppy seeds	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CHOCOLATE				
Cacao; Coca nibs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brownies, Candies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hot Chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mocha beverages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUB-TOTAL				
Totals, page 1	—	—	—	—



PART 2. FOODS, continued

Food Item or Type	Eat Everyday	Frequently Eat (Currently)	Occasionally Eat	Used to Eat Frequently
HIGH OXALATE VEGETABLES				
Beets or Beet greens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Celery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Curly Kale, Collards, or Dandelion greens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Okra	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plantain, or Chips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Potatoes, Chips, Fries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swiss chard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spinach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sweet potatoes; Tuber Chips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRUITS				
Figs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kiwi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blackberries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BEVERAGES				
Black or Green Tea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rice milk, Carob or Vanilla	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPICES				
Cumin or Curry Powder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turmeric	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cinnamon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUPPLEMENTS				
Milk Thistle seed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slippery Elm Bark	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin C, over 500 mgs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTALS				
Total High Oxalate Foods	—	—	—	—

Many people find that a few simple dietary adjustments and substitutions are all it takes to go from chronic misery to a new lease on life.



PART 3. WHAT DO THESE SURVEYS MEAN?

you may have a dietary illness that requires a dietary solution.

There are three possible findings from this survey They are:

1

Many Symptoms and Many High Oxalate Foods in the past or current diet.

If you're currently eating high oxalate foods regularly and have a number of health concerns, you definitely need to rethink your food choices. Oxalate toxicity is fairly common, yet your doctor and friends have never heard of it. The transition to a low oxalate diet is best done gradually over time. Eventually your oxalate consumption needs to be below 50 mg a day. Quickly "going to zero" could potentially unleash some debilitating symptoms when your body decides to "get it out". The secret to safe and successful oxalate release from your body is to lower intake deliberately and support your body with a few inexpensive supplements.

If you already have changed your diet and are correctly avoiding oxalate, be aware that you will likely continue to have too much oxalate in your body for years. Learn more about supportive therapies for limiting the damage that occurs when the body releases oxalate.

2

No Symptoms Yet Many High Oxalate Foods.

"But I feel fine! Why should I be concerned?" Oxalate affects each person differently. Damage from oxalates often takes years to emerge, and in many cases longer still to be recognized for what it is (if it ever is recognized). Symptoms are often delayed, variable, and changeable. The effects usually go unnoticed even in very sick people.

If you're currently eating high oxalate foods regularly, try this experiment: take the highest oxalate foods out of your diet for a month or two and see how you feel. If after a few weeks you feel worse or get some funny symptoms, you might be releasing oxalate and may need to continue to avoid high oxalate foods. Learn about the signs of oxalate release from the body.

If you do not notice changes, continue to be aware of high oxalate foods. Refine your knowledge of the oxalate content of your diet. Try a challenge test: Carefully avoid high oxalate foods consistently for a week or two. Then eat as much of your favorite high oxalate foods as you like for a few weeks and see how you feel.

3

No Symptoms and No High Oxalate Foods in the past or current diet.

Yay! You're one of the lucky ones. Now you have a list of some key foods to continue to avoid for the sake of your long-term well-being. Prevention is the best medicine.



RESOURCES FOR BECOMING OXALATE SAVVY

WHERE DO I START?

If you've signed up for my email list (<https://sallyknorton.com/help/sign-up/>) I'll send you three emails to help you get going. The second email has a discount code so you can get my *Beginners Guide to becoming Oxalate Savvy* for free. Or if you're in a hurry, you can buy the \$2.50 *Beginners Guide* straight from my shop (<https://sallyknorton.com/shop/>). The *Guide* includes lists of the "Worst Offender" and "Safe Bet" foods. The lists are unique in that they are accurate and simple to understand and use.

WHERE CAN I LEARN MORE?

My blog and information-packed website will answer many questions.

There are several free articles available for download from my shop page, as well as an expanded and detailed list of oxalate content of green vegetables and berries available for purchase (\$3).

To hear me teach about oxalate and our health, see the links to numerous presentations and podcasts here:

<https://sallyknorton.com/interviews-talks/>

Follow me on Instagram: @sknorton

HOW CAN I GET TESTED?

Our medical tests don't tell us much. The severity of oxalate build-up in your body does not correlate with the measured amounts of oxalate in your blood or urine at any given time. Read about the testing issues here: <https://sallyknorton.com/symptoms/>

WHAT FOODS CAN I EAT?

There are a lot of vegetables and many fruits that are reasonably low in oxalate. However, nuts, seeds, and whole grains are high in oxalate (and many other health-damaging compounds) and are not recommended. Animal-sourced foods make low oxalate eating fairly easy. If you are a vegetarian, you may need help from a nutritionist who is familiar with oxalate illness and oxalate data.

"I took turmeric supplements for over a year every day. My facial skin was extremely dry. I couldn't understand why since I drank so much water daily. After learning about oxalates through you, I stopped taking turmeric and eating sweet potatoes and my skin bounced back to its normal hydration. I saw the changes after one week."

"I have an annular tear I blame on oxalates. Injured when doing a yoga side-to-side move, my back got stiffer and stiffer to where I felt 80 in my 40s. Wish the oxalate issue had been found sooner!"

"I eliminated spinach based on your research. I had been following the Vertical diet that is prescribed for strength athletes. The diet encourages daily spinach consumption and almonds. I started to have extreme pains in my groin area that would be random and fierce. I also had digestive issues and pain in the rectal area. When I came across your site, I eliminated these two food items and had a turn around. Thank You!!" ."

"I will admit I had been skeptical of the dangers of oxalate... until yesterday. I had a very high oxalate day with spinach and kale. All I had to do was **pay attention** and I noticed I had almost every symptom people are describing here. My worst symptom was a **very** bad shift in mood."