

WAYS TO HELP HIGH OXALATES



DETERMINE IF THEY ARE A PROBLEM

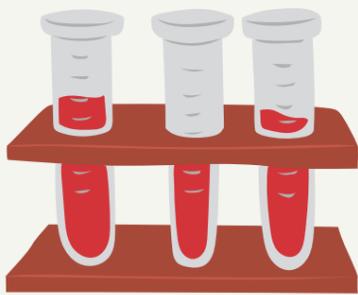
TRY TESTING WITH FOODS

see if you have an issue with high oxalate foods by adding foods high in oxalates all day long. Foods like chocolate, spinach and almonds. Then monitor your bodies response to them.

RESULTS

DO YOU HAVE AN ISSUE

If your pain gets worse in your joints, muscles and your stomach hurts, then stop the test. From there, you will have to take a more in depth test.



LAB TESTS

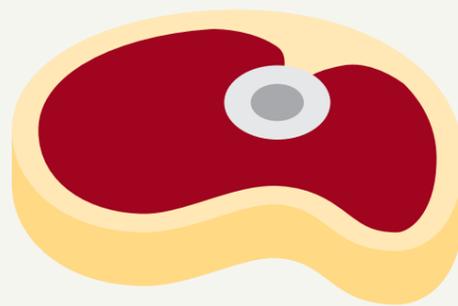
ORGANIC ACID TEST

Take the great plains organic acid test. That test will give you three markers for oxalate issues. From there you can determine with a degree of certainty they are an issue for you.

CHANGE YOUR DIET

LOWER OXALATE LEVELS

Use a low oxalate diet to control the presence of oxalates in the body. Controlling your food will help lower your overall burden of oxalates in the body.



SUPPLEMENTS

TAKE THESE DAILY

Use the supplements I suggest in my custom oxalate fighting protocol daily to prevent issues with oxalates. Then in time your body should have time to heal from the damage from oxalates.

[GET THE SUPPLEMENTS](#)