

Oxalate Overload with Sally K. Norton, Part 1

written by Dr. Ronald Hoffman | October 31, 2023

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If you're eating a healthy diet and you're still dealing with fatigue, inflammation, anxiety, recurrent injuries, or chronic pain, the problem could be your spinach, almonds, sweet potatoes, and other trusted plant foods. Sally K. Norton, MPH, ivy-league nutritionist, and author of the book "Toxic Superfoods: How Oxalate Overload is Making You Sick-and How to Get Better," details why your key to vibrant health may be quitting these so-called superfoods due to chemical toxins called oxalates that lurk within a "healthy," organic plant-heavy diet. What are oxalates and why are they so bad? What are some signs you've eaten too many oxalates? Which foods are the highest in oxalates? How widespread is oxalate overload? How do you know if you have inflammation or oxalate overload? Sally Norton says making just a few easy food swaps can make a dramatic difference. Click [HERE](#) for part 2.

Oxalate Overload with Sally K. Norton, Part 2

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