



A SIMPLE GUIDE TO

Oxalate Load

What it is, where it comes from,
and what to do next.

— BALANCE • ROTATION • SUPPORT —

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What Oxalate Load Is

- Oxalates are naturally occurring compounds found in many healthy plant foods. Most bodies can process oxalates without issue.
 - Oxalate load develops when intake and repetition exceed the body's ability to manage them comfortably. This can be influenced by frequent consumption of high-oxalate foods, low calcium or magnesium intake, gut health challenges, hormonal changes (especially post-menopause), and chronic stress.
 - Oxalates are not toxins, and this is not a diagnosis. This is a capacity issue, not a food problem.
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Food Types That Contribute to Oxalate Load

Higher-oxalate foods (most common):

- Spinach and beet greens
- Almonds and almond flour
- Chocolate and cocoa
- Sweet potatoes
- Beets
- Certain grains and legumes

Lower-oxalate or more supportive foods:

- Romaine, arugula, cabbage, Bok choy
 - Zucchini, cauliflower, cucumbers
 - Eggs, dairy, fish, meat
 - White rice and sourdough
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Preparation matters

- Raw and blended foods increase impact
- Chopped and cooked foods reduce impact
- Pairing oxalate foods with calcium lowers absorption

Next Steps Based on Quiz Results

● **Low Oxalate Load** - Your body appears to be handling oxalates well right now. You likely have good mineral buffering, food variety, and overall resilience. The goal here is **maintenance**, not change.

🌿 Next Steps (Maintenance)

- Notice food repetition. Rotate one commonly eaten food today.
- Pair calcium with a meal that includes greens or beans.
- Cook one vegetable instead of eating it raw and notice how you feel.

👉 *Focus: Support and consistency.*

● Possible Oxalate Load

Your results suggest oxalate load *may* be building quietly, often due to repeated foods or low mineral pairing. This stage responds well to **small, intentional shifts**.

🌿 Next Steps (Gentle Adjustment)

- Reduce your most frequent high-oxalate food slightly (not eliminate).
- Add calcium pairing to one meal (cheese, yogurt, eggs, or fish).
- Rotate greens — choose a different leafy green than usual.

👉 *Focus: Reduce repetition, not nourishment.*

● Likely Oxalate Load

Your symptoms and food patterns suggest oxalate load is likely affecting how your body feels — often showing up in joints, digestion, nerves, or urinary symptoms. **Pacing matters here.**

🌿 Next Steps (Gentle Reset)

- Cook all leafy greens (avoid raw or blended).
- Pair calcium with every meal that includes grains, beans, or greens.
- Increase hydration and avoid making additional food changes.

👉 *Focus: Support and consistency, not speed.*

● High Oxalate Stress

Your body may be overwhelmed or releasing oxalates too quickly. This can happen after stress, illness, dietary changes, or long-term accumulation. The priority is **stability and safety**.

🌿 Next Steps (Stabilization)

- Eat regular meals today — do not skip or restrict.
- Add strong calcium pairing at meals and keep foods familiar.
- Support your nervous system: gentle breathing, rest, or grounding.

👉 *Focus: Calm first. Change later.*

Blood Type Information (Optional Lens)

(Blood type is a lens, not a rule. Your body's response matters most.)

- Type O: Often does better with a lower oxalate load
- Type A: Often tolerates plants well but may overconsume
- Type B: Balanced tolerance; dairy pairing is protective
- Type AB: More sensitive; benefits from moderation and pacing

Final Thoughts

- Oxalate load is not about avoiding healthy foods.
- It is about balance, rotation, and support.
- Your body is communicating, not broken.
- Try the applicable next steps for 14 days and then reevaluate to see how your body responds.