

“Toxic Superfoods”

How Oxalate Overload Is Making You Sick — and How to Get Better

SallyKNorton.com: bitchute.com/video/RGrVE03BkXsK

Oxalic acid is the culprit. Long term toxicity from oxalate poisoning is the issue. Avoiding the poison, is the main strategy.

25 mg oxalates / day can be filtered out by the kidneys. More than that is stored as bio-accumulated excess oxalate. Like linoleic acid, oxalates mess up the structure of cell membranes, notably, epithelial cells* that make up the outer surface of internal organs, skin, and the lining of the blood vessel and lymphatic system.

250 mg vit C / day, is a safe limit. Unless needed for therapeutic reasons, taking any more than that, it forms into oxalic acid.

Very little can be done about stored oxalates, other than to stop overdosing and allowing the body to slowly discard the stored oxalates over time. Citrates do not help get rid of the existing stored oxalates already in your tissues, but they help alkalize, and are the closest thing to an antidote for excess oxalic acid consumption. Some of the best sources of citrates are:

- dairy--raw grass-fed milk
- sardines
- citric acid, fresh lemon juice
- 1/4 cup lemon juice (a natural citric acid) am & pm
- Alka-Seltzer Gold (potassium or sodium bicarbonate)
- citrates, citrate supplements

If you use a powder form of the citrates, take a quarter teaspoon twice a day with meals. Norton prefers taking calcium citrate or magnesium citrate at bedtime. Both help soothe the nervous system and improve sleep. When using calcium citrate, she recommends breaking it down into one dose at bedtime and one in the morning, plus two doses spread out during the day. With magnesium citrate, twice a day is sufficient.

*Endothelium noun. (anatomy) A thin layer of flat epithelial cells that line s the heart, serous cavities, lymph vessels, and blood vessels.

*Epithelium noun. (anatomy) A membranous tissue composed of one or more layers of cells which forms the covering of most internal and external surfaces of the body and its organs.