

# (Audiobook) Living Low Oxalate: When Oxalate Rich Foods Destroy Your Health by Melinda Keen

Living Low Oxalate: When Oxalate Rich Foods Destroy Your Health

By: Melinda Keen

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If you suffer from joint pain, inflammation, chronic fatigue, fibromyalgia, bladder pain and kidney stones, oxalate rich foods may be at the root of your chronic conditions. Recovery from oxalate related illness is possible by adhering to a low oxalate diet and optimizing key nutrients. Living Low Oxalate explains what oxalates are, which foods contain this natural toxin and how they can adversely affect your health. This resource makes it easier to follow a low oxalate diet. This well researched, easy to read book, includes\* Categorized Oxalate Content of Foods Lists\*Low Oxalate Menu Ideas\*High Oxalate to Low Oxalate Food Swaps\*Building Blocks to Restore Health\*Safe and Effective Ways to Release Stored Oxalates in the BodyThe building blocks outlined in Living Low Oxalate are aimed at strengthening, restoring, and maintaining health during recovery from oxalate related illness. Written by someone who has herself battled and overcome debilitating symptoms, this book is an empowering resource for understanding and treating oxalate toxicity.

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## Sommaire

Étape 1 -

Commentaires

Matériaux

Outils

Étape 1 -