



The Oxylate & Salicylate Foods List for Highly Sensitive Women

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The Purpose of The Oxalates & Salicylates E-Book

Some Highly Sensitive Women are particularly bothered by these plant chemicals and yet, if they were to ask their physicians about them, would find no answers concerning them.

Oxalates and salicylates cause conditions such as kidney stones, Tinnitus, Fibromyalgia, Chronic Fatigue, Irritable Bladder, Vulvodynia, depression, panic attacks, headaches, rashes and more. Still, we hardly ever hear about them. We, as sensitive women, are often told there is nothing we can do about our symptoms, that we somehow have to learn to live feeling ill, fatigued, and in pain, that somehow this is normal. I don't think so. I believe the more aware we become aware of the things that can cause our symptoms, the more we are able to make correct choices for our energy wellness.

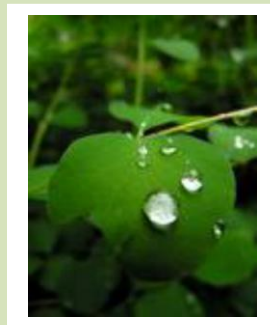
I briefly discuss salicylates and oxalates in my e-book, "Eating, Naturally!" for Highly Sensitive Women. However, here, in this book, I go on to explain what oxalates and salicylates are, list the symptoms they can cause, and provide a list of the foods, and products, they are found in, as well as the amounts of each found in those foods. Shall we begin?

What Are Oxalates?

Oxalates are chemicals in plants (and some animal foods) that bind with minerals in the body, such as magnesium, potassium, calcium, and sodium, creating oxalate salts. Most of these salts are soluble and pass quickly out of the body. However, oxalates that bind with Calcium are practically insoluble and these crystals solidify in the kidneys (kidney stones) or the urinary tract, causing pain and irritation. Oxalates, as far as I know, not used in products.

What Are Salicylates?

Salicylates are natural chemicals found in plants that protect the plant from being eaten by insects or attacked by disease. Although poisonous, salicylates are usually tolerated when ingested in small amounts, but when ingested too frequently, they can cause a wide range of symptoms. Salicylates are found to a higher degree in unripe food. This poses problems for Americans, as our food is often picked way too early. Salicylates are used to make prepared foods, hygiene (toothpaste, lotion, soap, etc.), cosmetic, and drug (Aspirin and others) products, which we are also using more and more of.



Symptoms of Oxylate and/or Salicylate Toxicity

The *overlapping symptoms* of salicylate poisoning and oxylate toxicity are as follows:

Itchy skin, hives, welts, rashes

Crawling sensation on skin

Sensitive skin, sensitive scalp

Stomach pain, upset, indigestion,

Constipation, diarrhea, colitis

Frequent need to urinate or urgency.

Irritable bowel

Headache, Migraine, stiff neck

Swelling of hands and feet

Canker sores

Burning, stinging, sore or tingling mouth

Fatigue, chronic fatigue

Feeling drained, lethargy

Ringing in the ears (Tinnitus)

Dizziness, poor balance

Body ache, weak muscles, stiffness, joint pain

Fibromyalgia

Sensitivity to light and noise

Flushing

Restless Leg Syndrome, restlessness

Tension, tics, muscle tremors, cramps

Insomnia, sleep disturbances

Note! The symptoms I've just listed are just overlapping symptoms! Each of these toxins has entire list of separate symptoms! See below!

Salicylate *Only* Symptoms (*add these to the overlapping symptoms!*)

Anaphylaxis (rare), blackouts

Dizziness, poor balance, vertigo

Blurry vision

Ringing in the ears, Tinnitus, recurring ear infections

Addictions, food cravings, constant hunger, excessive thirst

Weight problems

Difficulty swallowing, stomach pain, nausea, upset, bloating

Gall bladder problems

Breast pain, menstrual problems (including PMS)

Blood sugar problems

Palpitations, racing pulse, high or low blood pressure, temperature fluctuation

Asthma, breathing difficulties, wheezing

Swelling of eyelids, styes, sore, watery, gritty, puffy eyes, face or lips

Sinusitis, congestion, nasal polyps

Chronic sweating, heavy body odor

Bedwetting

Ulcers in the mouth or hot, red rash around the mouth, bad breath, coated tongue, Thrush, metallic taste

Changes in skin color or discolorations

Acne, Eczema

Athlete's Foot

Persistent cough

Mental & Behavior Symptoms of Salicylate Toxicity

ADD/ADHD, restlessness, poor learning, cognitive and perceptual disorders

Math, reading and spelling problems, changes in handwriting, dyslexia

Hearing without comprehension, slow to process information

Behavioral problems, indifference

Hyperactivity, accident prone, clumsiness, fidgeting

Poor concentration and/or memory problems, brain fog, blankness, confusion, a unreal or detached feeling, disorientation, can't think straight, without perspective

Depression and/or anxiety, irritability, mental exhaustion, mood swings, suicidal feelings, weepiness

Panic attacks, phobias, tenseness, rage

Difficulty waking up, withdrawn

Central Nervous System depression

Slurred speech, stammering

Delusions, hallucinations

Oxylate *Only* Symptoms *(add these to the overlapping symptoms!)*

General – Burning, tingling or numb hands or feet, cold hands and/or feet, sensitive teeth and gums, burning lips, popping jaws, calcium deposits on cornea, vomiting.

Genital - Inflammation, red or purple sores or bumps, white patches or red spots, stabbing or stinging pains, pain that is not visible, cut-like splits in skin, clitoral pain (or penile pain in men), pain around the vaginal opening, painful intercourse, pain when touching the vagina or upon pulling the vaginal hair, and internal pelvic pain or soreness, rectal burning, pain, itching, spasm, redness, irritation, bleeding from fine tears, burning discharge, bladder infections, concentrated or pungent urine, and chronic interstitial cystitis.

Urinary - Urine that squeezes out in drops rather than a flow, urethra pain that increases while sitting on pressure points.

Skin – Sensitive skin in general, pain when you tug on your hair, commercial products make you itch, burn or turn red, sunburn easily.

Low Oxylate & Low Salicylate Diets

There are low oxylate diets and there are low salicylate diets. But what happens if you are sensitive to both, as was the case in my own experience. I about drove myself crazy flipping through pages and pages of printed out food lists that told me what food was high or low in what. That is why I created my own easy reference food list for both oxylates and salicylates.

It might make sense to begin by eliminating just one or the other. It certainly allows for more food choices. You might want to review the symptoms checklist I have provided and start there. That may help you to decide which toxin might be more worthwhile to eliminate. However, partaking of a diet too high in either salicylates or oxylates is simple not smart, even if you aren't sensitive or allergic to either one.

The following is a list of foods is not a diet. It is simply a list of foods that contain low to high, even very high, amounts of oxylates and salicylates. As I already mentioned, this list is unique in that it contains information on foods to eat while reducing, both, oxylates and salicylates from your diet at the same time.

As you look through the foods list, make note of any of the high salicylate or oxylate foods that you eat on a daily or weekly basis. The foods we love or crave are often the one that poison us the most. This will also help you to understand whether it is oxylates or salicylates (and their cousins, amines, glutamates and aspartates) that are causing most of your symptoms. Often, just the symptom checkers alone will tell you.

The abbreviation guide, below, will help you to determine which foods are acceptable in your diet.

Abbreviation Guide:

LOX – Low Oxylate

L-MOX – Low to Medium Oxylate

MOX – Medium Oxylate

M-HOX – Medium to High Oxylate

HOX – High Oxylate

NS - Negligible

LS – Low Salicylate

MS – Medium Salicylate

HS – High Salicylate

VHS – Very High Salicylate

Note! Low oxalates and salicylates may be eaten as often as you like, medium oxylates and salicylates, 3-5 times per week, and high to very high oxalates, either avoid or eat in very small amounts.

The Oxylate & Salicylate Foods List

Foods are listed in alphabetical order for quick reference and any measurements listed represent daily allowances. If you find an item that does not contain information for, both, oxylate and salicylate content it means these foods have not yet been tested.

FRUITS

Apples, peeled on the low oxylate diet	LOX
Apples, peeled Red Golden Delicious	LOX, LS
Apples, Red Delicious	LOX, MS
Apple, Custard	MS
Apples, all others	LOX, HS
Apricot	VHS
Avocado	LOX, VHS
Banana (high in histamines)	LOX, NS
Banana, sugar	HS
Blackberries	M-HOX, VHS
Blueberries	M-HOX, VHS
Boysenberry	VHS
Cantaloupe	LOX/HS
Casaba	LOX
Cherries, red sour	MOX
Cherries, red sour canned	LS
Cherries, canned Morello	HS
Cherries, all other kinds	VHS
Cranberries canned (Ocean Spray)	LOX, VHS
Cranberries, dried	MOX, VHS
Currants, black	MOX, VHS
Currants, red	HOX, VHS
Dates	HOX, VHS
Dewberries	M-HOX
Figs, dried	HOX, MS
Figs, canned	MS
Figs, Kadota	LS
Fruit cocktail	HOX
Gage, Damson	MOX
Gooseberries	HOX
Grapes, seedless green	L-MOX, VHS
Grapes, red	L-MOX, VHS
Grapes, canned green	LS, VHS
Grapefruit	HOX, HS
Guava	VHS
Honey Dew melon (and most melon)	LOX
Kiwi	HOX/HS
Lemons, without the peel	LOX
Lemon peel	HOX
Lemon, fresh	L-MS
Lime peel	HOX

Logunberry	VHS
Loquat	MS
Lychee	HS
Mandarin	HS
Mangoes	LOX, L-MS
Melons (all)	HS
Melon, Rock	VHS
Mulberry	HS
Nectarines	LOX, HS
Oranges	MOX, VHS
Orange peel	HOX, VHS
Papaya	LOX, LS
Passion Fruit	L-MS
Peach	HS
Paw Paw	LS
Pears, ripe and peeled	MOX, NS
Pears, with peel	MS
Pears, canned	N-MS
Pears, Nashi	MOX, LS
Peaches, canned	L-MOX
Persimmon	L-MS
Pineapple, canned, Sainsbury	MOX, VHS
Pineapple, canned chunks, Dole	MOX, VHS
Pineapple, dried	HOX, VHS
Plums, green or gold	L-MOX, VHS
Plums, green fresh	LS, VHS
Plums, purple	MOX, VHS
Pomegranate	MS
Prunes, Italian	MOX
Prunes, all	VHS
Raisins, Golden	LOX
Raisins, all	MOX, VHS
Raspberries, red and black	M-HOX, VHS
Rhubarb	HOX, L-MS
Strawberries	M-HOX, VHS
Sultano	VHS
Tangelo	VHS
Tamarillo	LS
Tangerines	HOX, VHS
Watermelon (and most melon)	LOX, HS
Youngberry	VHS

Note! All dried fruits are very high in salicylates.

Vegetables

Acorn squash	LOX
Asparagus, fresh	MOX, LS
Asparagus, canned or tinned	MS
Artichoke	MOX, HS
Aubergine, peeled	MS
Aubergine, with peel	HS
Avocado (actually a fruit)	LOX
Bamboo shoots	NS
Beet, tops, roots, greens	HOX
Beet, root	L-MS
Broccoli	MOX, HS
Brussels sprouts	MOX, LS
Cabbage, white or green	LOX, NS
Cabbage, red	LOX, L-MS
Capsicum	VHS
Carrot, fresh	MOX, L-MS
Cauliflower	LOX, LS
Celery	HOX, NS
Champignon	VHS
Chicory	VHS
Chives	L-MOX, LS
Choko	LS
Collard greens	HOX
Corn, sweet, white or yellow, fresh/cob	MOX, L-MS
Courgette	VHS
Cucumbers, peeled (1 medium)	LOX, HS
Cucumbers, with peel (1 medium)	MOX, HS
Cucumbers, pickles and anything pickled	VHS
Dandelion greens	HOX
Eggplant	HOX, HS
Endive	VHS
Escarole	HOX
Garlic	MOX, LS
Gherkin	VHS
Kale	HOX
Kohlrabi	MOX
Leek	HOX, N-LS
Lettuce, Iceberg (1/2 cup)	LOX, NS
Romaine (1/2 cup)	LOX, MS
Lettuce, Iceberg, Romaine (1 cup)	MOX, MS
Lettuce, any other (1/2 cup)	MOX, MS

Lima beans	MOX, HS
Marrow	MS
Mushrooms, fresh	L-MOX, L-MS
Mustard greens	MOX
Okra	HOX, HS
Olives, black (really a fat)	LOX, MS
Olives, canned black	L-MOX, HS
Olives, canned green	L-MOX, VHS
Onions, yellow and white	L-MOX, LS
Parsley	HOX
Parsnips	HOX, MS
Peas, green, fresh or frozen	LOX, N-LS
Peas, Snow	MOX, MS
Peppers, hot or sweet red	LOX, VHS
Peppers, green	M-HOX, VHS
Peppers, all	VHS
Pokeweed	HOX
Popcorn (really a grain)	HOX
Potatoes, white, red, peeled (1/3 cup) (actually a grain)	L-MOX, N-MS
Potato, with peel	LS
Potato chips, baked, plain	MOX, LS
Pumpkin	M-HOX, L-MS
Radish	L-MOX, H-VHS
Rhubard (really a fruit)	HOX
Rutabagas	HOX
Sorrel	HOX
Shallots	LS
Squash, zucchini	LOX, HS
Squash, yellow and summer	HOX
Spinach, fresh	HOX, HS
Spinach, frozen	MS, HS
Sprouts, alfalfa sprouts	LOX, HS
Sprouts, Mung bean	LOX, N-LS
Sprouts, other	L-MS
Swede	NS
Sweet potato	HOX, HS
Swiss chard	HOX
Tomato, fresh	MOX, MS
Tomato, canned sauce (1/4 cup)	M-HOX, MS
Tomato products	HOX, VHS
Turnip, root	LOX
Turnip	MOX, LS
Turnip greens	HOX, MS

Water chestnuts	LOX, H-VHS
Watercress	M-HOX, HS
Yam	HOX

Herbs & Spices

Allspice	VHS
Aniseed	VHS
Basil (1 tsp)	LOX, VHS
Basil (1 tbsp)	MOX, VHS
Bay leaf	HS
Caramon	HS
Carraway	HS
Cayenne	VHS
Celery, powder	VHS
Cloves	HS
Chili, flakes and powder	VHS
Cinnamon (1 tsp)	MOX, HS
Cinnamon, more than 1 tsp	HOX, HS
Coriander, fresh	MS, HS
Coriander, leaves (Chinese parsley)	MS, HS
Cumin	VHS
Curry	VHS
Dill (1 tsp)	LOX
Dill (1 tbsp)	MOX, VHS
Fennel, dried	LS
Fenugreek	VHS
Garlic	N-LS
Ginger, raw or ground (1 tsp)	MOX, VHS
Ginger, raw or ground (1 tbsp)	HOX, H-VHS
Mace	VHS
Marmite	VHS
Mustard, Dijon (1 tbsp)	LOX, HS
Mustard, Dijon, (1/2 cup)	MOX, HS
Mustard, ground	VHS
Nutmeg (1tsp)	LOX, VHS
Nutmeg (1 tbsp)	HOX
Oregano	VHS
Paprika	VHS
Pepper, white	LOX, VHS

Pepper, black (1 tsp)	MOX, VHS
Pepper, more than 1 tsp per day	HOX, VHS
Peppermint	VHS
Pimienta	HS
Rosemary	VHS
Saffron	LOX, LS
Sage	VHS
Tandori, spice powder	LS
Tarragon	LOX, VHS
Thyme	VHS
Turmeric	VHS
Vanilla extract (real)	LOX

Nuts, Seeds & Beans

Nuts

Almonds	HOX, VHS
Brazil nuts	HS
Cashews	L-MOX, L-NS
Coconut	LOX
Coconut, desiccated	MS
Hazel nuts	LS
Macadamia	LOX, HS
Peanuts, with hull	HOX, VHS
Peanuts, with no hull	MS
Peanut butter	HOX, L-MS
Pecan	HOX, LS
Pine nuts	HS
Pistachio nuts	HS
Walnuts	M-HOX, MS
Tahini	HOX

Note! Most nuts and nut products are very high in oxylates.

Seeds

Flax	LOX
Poppy seeds	LS, NS
Pumpkin seeds	MS
Sesame seeds	HOX, L-MS
Sunflower seeds, dry roasted, hulled (1 oz)	M-HOX, LS

Beans & Lentils

Baked beans in tomato sauce, canned	HOX
Beans, Borlotti	LS
Beans, dried (except Borlotti)	HOX, NS
Bean Sprouts	See Vegetables (Sprouts)
Garbonzo beans (chick peas)	MOX
Garbonzo beans, canned	HOX, LS
Fava bean	HOX
Green beans	M-HOX, L-MS
Peas, split green, dried (cooked)	MOX, NS
Peas, split yellow	MOX, LS
Peas, black eyed	LOX, N-LS
Lentils, brown and red	LOX, NS
Lentil, soup	HOX, LS
Lima beans	MOX
Navy bean	HOX
Pinto bean and refried beans	HOX
Soybean, tofu	M-HOX
Soybean, curd	HOX
Soybean, products	HOX
Miso soup	HOX
Mung bean, bean and sprouts	See Vegetables (Sprouts)
Waxed beans	HOX, L-MS

Note! Beans are also high in *phytates*, a substance interfering with calcium absorption. When cooking dried beans, soak in water for several hours the night before, rinse and cook in fresh water to neutralize the effect.

Grains

Amaranth	HOX
Bagel (1 medium)	MOX
Barley	NS
Beans	* See Nuts, Seeds & Beans
Bread, made without flour	Check ingredients.
Bread, white (2 slices)	MOX
Bread, whole wheat	HOX
Bread, rye	LOX
Buckwheat	NS
Cereal, plain	LOX
Cereal, barley	L-MOX, NS
Cereal, Cheerios	HOX
Cereal, cornflakes	LOX/HS
Cereal, cream of wheat	HOX
Cereal, any with fruit, nuts, honey, flavorings, or coconut	HS
Cereal, oatmeal with no added flavorings, etc.	NS
Cereal, rice	NS
Corn tortilla	MOX
Corn bread	MOX
Cornmeal	MOX, HS
Crackers, graham	HOX
Crackers, soy bean	HOX
Crackers, saltine/soda	MOX
Noodles, egg	LOX
Noodles, spaghetti	L-MOX
Noodles, macaroni	L-MOX
English muffin	MOX
Farina	HOX
Flour, enriched wheat, white, plain flour	MOX, NS
Flour, graham	HOX, NS
Flour, rye	NS
Flour, soy	HOX, NS
Flour, whole wheat	HOX, NS
Flour, stone ground	HOX, NS
Flour, all others (soy, sago, rye, rice, etc.)	NS
Grits, white corn	HOX
Kamut	HOX
Maize	HS
Malt	NS
Malt, extract	NS
Millet	LS, NS

Oatmeal	HOX, NS
Popcorn	HOX
Polenta	HS
Rice, white	LOX, NS
Rice, brown	MOX, NS
Rice, wild	L-MOX, NS
Spelt	HOX
Wheat, bran	HOX, NS
Wheat, germ	HOX, NS
Yellowdock	HOX

Fats & Oils

Bacon (high in additives which makes it VHS)	LOX, H-VHS
Butter	LOX, NS
Canola oil	NS
Margarine, made from acceptable oils	LOX, NS
Mayonnaise, regular	L-MOX, MS
Mayonnaise, salad-dressing	LOX
Safflower oil	LOX, NS
Soy oil	HOX, NS
Sunflower	LOX, NS
Ghee	LOX, LS
Almond oil	LOX, MS
Corn oil	M-HOX, MS
Peanut oil	M-HOX, MS
Copha	HS
Sesame oil	M-HOX, HS
Walnut oil	M-HOX, HS
Coconut oil	LOX, VHS
Olive oil	LOX, VHS

Milks & Creams

Buttermilk	LOX
Half & Half	LOX
Milk, all (except soy)	LOX, NS
Cream	NS
Rice Dream	HOX, NS

Sour cream	LOX, NS
Soy milk	HOX, NS
Whipping cream	LOX

Dairy

Cheese	LOX
Cheese, not blue vein	NS
Ice cream, natural only	NS
Parmesan	LOX
Yogurt, nonfat, plain, organic	LOX, NS
Yogurt, Dannon, with low oxylate fruits, except orange	LOX

Meat

Bacon, up to 9 average, thin strips	LOX
Bacon, over 9 average, thin strips	MOX
Beef	LOX, NS
Beef, kidney	MOX
Chicken	LOX, NS
Corned beef	LOX
Eggs	LOX, NS
Fish, fresh	LOX, NS
Fish, canned in unacceptable oils or seasonings	HS
Lamb	LOX, NS
Liver, all	MOX, LS
Lunch meat, seasoned	VHS
Organ meats (except liver, which is MOX)	NS
Pork, including ham	LOX
Prawns	LOX, LS
Rabbit	NS
Sardines	MOX
Sausage casing	NS
Scallops	NS
Tripe	NS
Shellfish	LOX, LS
Turkey	
Veal	NS

Note! Most meat, poultry and sea foods are allowed on low oxylate and salicylate diets. Any meat that has been pre-seasoned (salami, hot, dogs, bacon, sausages, etc.) is very high in salicylates, as well as fish and meat pastes.

Miscellaneous

Arrowroot	NS
Baker's yeast	N-LS
Carob	NS
Cocoa, dry powder	HOX, NS
Corn starch (1 TB)	L-MOX, NS
Flavorings (including fruit)	VHS
Garam, masala	VHS
Gelatin, unflavored (Knox)	LOX
Gravy, prepared mixes, meat extracts, bouillon, etc.	HS
Horseradish	L-MS
Malt, powder (1tbsp)	MOX
Molasses	NS
Salt	LOX, NS
Soy sauce, free of spices and MSG	M-HOX, LS
Tapioca	NS
Tea (except some brands of Chamomile)	HOX, VHS
Tobasco	VHS
Vinegar, malt	L-MOX, NS
Vinegar, cider	L-MOX, VHS
Vinegar, white	L-MOX, VHS
Vinegar, wine	L-MOX, VHS
Worcester sauce	VHS
Yeast Extracts (different than Baker's yeast)	VHS

Sweets & Snacks

Apple butter, fresh from acceptable apples	LS
Candy, flavored	VHS
Caramel, homemade from sugar and water.	LOX, N-LS
Caramel, Pascall's	NS
Caramel, store bought (usually contains additives)	VHS
Corn syrup	LOX, HS

Golden syrup	NS
Gelato	HS
Gum, chewing	VHS
Fig Newton	HOX
Fruit cake	HOX
Honey, bee (1 TB)	LOX, VHS
Honey, flavoring	VHS
Jelly and jam, from L-MOX fruits	LOX
Jelly and jam, commercial varieties	VHS
Jelly and jam, pear	L-MS
Liquorices	VHS
Maple syrup, pure (1 TB)	LOX, NS
Mints, all	VHS
Mint flavored sweets	VHS
Molasses	MS
Peppermints	VHS
Popsicles	VHS
Popcorn/popping corn	MOX, HS
Potato Chips, plain, baked	MOX, LS
Sherbet	VHS
Sorbet	VHS
Sponge cake (1 slice)	MOX
Sugar, brown	LOX, LS
Sugar, castor	NS
Sugar, raw	LOX, MS
Sugar, white granulated	LOX, NS
Sugar, powdered white	NS
Vanilla wafers (Nabisco)	MOX
White chocolate	LOX

Beverages

Water	LOX, LS
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Fruit Drinks

Apple juice or Cider, made with only peeled Golden or Red Delicious apples	LOX, L-MS
Berry juice, any other	HOX
Cranberry juice	MOX, VHS

Grape juice	MOX, VHS
Grapefruit juice	M-HOX, H-VHS
Lemon juice (1 cup)	LOX, L-HS
Lime juice	LOX
Orange juice	MOX, VHS
Pineapple juice	LS, VHS
Tomato juice, fresh (1/2 cup)	MOX

Coffee	MOX
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Milk	LOX
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Sodas/Soft Drinks

Coke, Coca-Cola	LOX
Gingerale, Schwepp's	LOX
Orange soda, Minute Maid	L-MOX
Pepsi, Pepsi Cola	L-MOX
Root Beer, Borg's or A&W	LOX

Tea

Bigelow Herbal Tea (hot brew time 4 minutes, unless otherwise stated)

Apple Orchard	HOX
Apple & Spice	LOX, M-VHS
Chamomile Mint	LOX, VHS
Chamomile & Lemon	MOX
Cinnamon Orange	LOX, VHS
Cranberry Apple	LOX
Fruit & Almond	HOX, VHS
I Love Lemon	HOX
Mint Medley	HOX, VHS
Orange Spice	HOX, VHS
Orange & Chamomile	HOX
Perfect Peach	HOX
Perfect Peach (iced 10 minute brew)	LOX
Purely Peppermint	LOX, VHS
Red Raspberry	HOX, VHS
Red Raspberry (iced, 10 minute brew)	LOX, VHS
Raspberry Royale	LOX, VHS
Tahitian Breeze	LOX
Take-a-Break	HOX

Spearmint	LOX, VHS
Specially Strawberry	HOX, VHS
Sweet Dreams	HOX, H-VHS

Other Tea

Black, most	HOX, VHS
Green, most	HOX, VHS
Indian	HOX, VHS
Kukicha Twig Tea	LOX
Rosehip	MOX

Note! Most tea is very high in salicylates. Be sure to read ingredient labels for all commercial tea. Tea with artificial flavorings and spices are very high in salicylates.

Chocolate Drinks

Cocoa	HOX
Chocolate drink mixes (Ovaltine, etc.)	HOX, NS
Chocolate milk	HOX

Alcoholic Beverages

Beer, Budweiser, 12 oz.	MOX
Beer, draft or stout (Guinness), 12 oz.	MOX
Beer, lager, draft, Tuborg, Pilsner	HOX
Distilled alcohol	LOX
Gin	NS
Vodka	NS
Whiskey	NS
Wine, port, sherry, white, red, rose, dry	LOX
Wine, Beaujolais	M-HOX

Supplements to Detoxify Oxalates & Salicylates

If you suffer from symptoms due to oxalate or salicylate sensitivity (see below), the following supplements are helpful.

For ridding the body of Oxalates build-up and reducing pain related issues:

Calcium Citrate 500 mg, 3 x per day (1500 mg total)

N-acetyl-Glucosamine for urinary burning, Fibromyalgia, Irritable Bladder and Bowel and Burning Mouth. Take as directed on the label.

OX-Absorb can be used to neutralize oxalates. Vitaline Formulas at 1.800.648.4755 offers information. I am sure there are other methods of purchasing *OX-Absorb* as well.

Guaifenesin is an OTC (over-the-counter) expectorant, which, when combined with a low oxalate diet helps to reduce symptoms. However, you will also have to curb high salicylate use as salicylates nullify the effects of Guaifenesin. Many people with Fibromyalgia say this therapy works for them in reducing and eliminating their pain.

Note! It can take up to 6 months to rid the body of built up oxalates, but as little as two weeks to feel a difference. Don't give up! Once you are clear of uncomfortable symptoms, you can begin to use more oxalate containing foods once again. However, moderation is key!

For ridding the body of Salicylate toxicity the following supplements are helpful:

Calcium Citrate - 500 mg 3 x per day (1500 mg total) and *Magnesium* (same dosage).

Meta-Mag (by Ethical Nutrients) is magnesium attached to Glycine to enhance the absorption of magnesium. Glycine is an amino acid that detoxifies the body of salicylates.

Note! Once salicylates build up in the body, it can take only a little to upset your body's inner balance. It can take 4-6 weeks to rid the body of built up salicylates. Afterwards, you may begin to eat salicylate foods once again. However, excess will be your ruin.

Product Ingredients To Be Aware Of!

The following are ingredients that are found on many product labels. The names may be different, but the meaning is the same. It means your product contains salicylates that you are either ingesting or absorbing through your mouth, nose or skin.

Acetylsalicylic acid

Nitrates/Nitrites

Benzoates (preservatives)

Methyl Salicylate

Benzyl salicylate

Octylsalicylate

Beta-hydroxy acid

Phenylethyl salicylate

BHA

Salicylaldehyde

BHT

Salicylamide

Choline salicylate

Salicylate

Ethyl salicylate

Salicylic acid

Isoamyl salicylate

Salsalate

Magnesium salicylate

Sodium Salicylate

Note! Dyes and food colorings also contain salicylates.

Products Containing Salicylates

If you suspect salicylate sensitivity you will want to avoid the following products and/or at least check their labels. It is not a complete list, but it will get you started.

All mints, wintergreen, menthol, muscle pain creams, Eucalyptus oil, Magnesium salicylate, nitrates and nitrites, Aloe Vera, artificial flavorings, food colors, preservatives (Benzoates), yellow dyes #5 and #6, some licorice, gums, breath fresheners, and toothpaste, mouthwash, aspirin, Alka Seltzer, shaving cream, lipsticks, lotions, skin cleansers, soaps, shampoos and conditioners, sunscreens and tanning lotions, herbal remedies, fragrances and perfumes.

An Added Note About Amine and Histamine Sensitivity

Amines and histamines are found in about 70% of foods that are also high in salicylates. They are especially high in foods such as meat, cheese and alcohol. They occur from the breakdown and fermentation processes of these foods. Meat that is not fresh or has been cooked for too long is also high in these substances, but they are found in many other foods as well.

Amines and histamines are what we usually end up buying anti-histamines for. They give us symptoms such as rashes, hives, headaches, breathing difficulties (including asthma), abdominal cramps, burning mouth, ringing in the ears, stuffed sinuses, post-nasal drip, and a variety of circulatory problems, as amines can also change the width of our blood vessels.

In fact, since I am on a roll here, foods that increase mucus in the body, and send us running for anti-histamines, are milk, dairy, white flour, refined grains, sweets and processed foods. I just thought I'd mention it. (As if Highly Sensitive People didn't have enough to worry about!)

The most important thing you can do when it comes to your diet, the foods you eat (and don't eat) and the substances that are contained within them, is to use balance and moderation in your dietary choices. Balance and moderation are the keys to good nutrition and choices we make in general. It's not about going cold-turkey. That upsets the body and mind even worse than toxins themselves. Make small changes that are acceptable to you. Keep making them. You'll get there.

I would only add one more thing and that is variety. Begin to explore the world of food. Try some new recipes and flavors. Experiment and be mindful of the things you put into your body and your body will love you for it!



An Invitation...



John William Waterhouse (1849-1917). 'Lamia'.

You are invited to visit The Captains Lady at www.thecaptainslady.com for further information on how to increase your personal, physical and environmental energy wellness!

May Love & Energy Be Yours!

-Mari

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