



NEPT Core Content Call
Food Principles: Oxalates and FODMAPs
Q&A Chat Log: October 12th, 2016

Steph: testing

Susan: Hi Susan here from Boston

Steph: hi Susan!

Susan: I can hear!

Chet: Hi! I can hear you

Toni: Hi All

Steph: :)

Toni: What a treat! Looking forward to the presentation.

Steph: love technology

Eleanore: Hi is it quiet or is it just me?

Toni: I can hear Eleanore

Eleanore: Thanks Toni, I'll just call in since I am not getting sound

Eleanore: I don't see the slide # 8

Eleanore: I see it now

Rita Brown: hi everyone

Toni: Hi Rita

Sequoia: do you know if oxalates are associated with head banging in other conditions in children apart from autism?

Sequoia: antifreeze is a common ingredient in cheap ice creams

Sequoia: what if you take the calcium or magnesium citrates away from food, don't they still bind up the oxalates?



Sequoia: Where do you get water chestnut flour in Canada?

Sequoia: and is the flour uncontaminated from heavy metals?

Toni: Thanks Steph!

Sequoia: great presentation

Gila: Great Presentation Steph

Steph: thank you!!

Steph: so weird not being able to look at the caht

Steph: chat

Toni: :-)

Chet: Thank you Steph

Sequoia: best to go through and then do the Q&A

Sequoia: the binding is affected by your pH

Steph: thank you Sequoia!

Sequoia: what if you take the calcium or magnesium citrates away from food, don't they still bind up the oxalates?

Sequoia: in the digestive system

Sequoia: <http://kidneystones.uchicago.edu/calcium-binding-by-citrate/>

Toni: She did an awesome job

Toni: Very knowledgeable. Able to really take complex information and make it useable and practical.

Susan: Thank you Steph!

MaryLynn: Very helpful. Oxalates have been a question for me. Thank you much. ML

Toni: Going to have to sign off now.

Steph: bye Toni

Sequoia: FYI The full slides for FODMAPs link takes you to the oxalates slides again

Lynn DeBuhr Johnson: Thanks, Sequoia. I've made a note of it.

Sequoia: Hi Lynn, didn't know you were on



Lynn DeBuhr Johnson: I had a meeting right before this, and got on just in time for this one to start. :-)

MaryLynn: Have to go early. ;-)

Lynn DeBuhr Johnson: If they're doing a juice fast using high sugar produce, will that not still affect them, since it's the sugar that exacerbates things?

Lynn DeBuhr Johnson: Hi, MaryLynn!

Lynn DeBuhr Johnson: This was great, Steph!

Jan C: Just caught the tail end of this - can't wait to watch the replay - great job, Steph!! :)

Chet: Great presentation

Lynn DeBuhr Johnson: I love that! FODMAPs didn't cause SIBO!

Steph: thank you ladies!

Laura: Yes! Great job, Steph!

Gila: What is left to eat on a vegan diet? These gaps diets push lots of meat.

Steph: yes they do

Steph: keep in mind it's only supposed to be 2-8 weeks so even if you eat a handful of foods for that time it's ok. It's not about finding a nutritionally balanced diet

Lynn DeBuhr Johnson: I remind people that every time they eat, it changes their body chemistry.

Steph: thanks Laura!

Gila: Ok great! Thank you.

Laura: Very helpful!

Sequoia: yes helpful

Sequoia: yes helpful!

Sequoia: in your experience how soon to people respond to this?

Sequoia: what if you have someone who's stomach seems to expand even after small meals, but don't have gas?

Steph: lymphatic bloating Sequoia



Jan C: Great point about "titrating" food to find the tolerable dose and threshold - this concept has been tremendously helpful for me in helping clients navigate FODMAPs protocols.

Jan C: Steph - can you speak more to the "lymphatic bloating" concept? :)

Laura: LOL!!!

Laura: Thanks Steph!!!

Sequoia: great thanks

Jan C: Thanks, Steph!!!

Gila: :-)

This event has ended.