

SALICYLATES & YOUR SYMPTOMS

Healthy food can be a drama queen and salicylates are the divas behind the scenes.

This Isn't Forever Salicylate sensitivity is a sign your body needs support. Once we calm the inflammation, strengthen your gut, and support detox, you'll likely tolerate more foods again. This is about healing—not restriction.

What You Can Do

- Eat low-salicylate foods (I'll guide you)
- Support liver detox pathways
- Heal your gut lining
- Track symptoms with a food diary
- Reduce overall chemical load (food, skin, environment)

What Are Salicylates

Salicylates are natural chemicals found in plants. They're part of the plant's defense system—protecting against pests, disease, and environmental stress. You'll find them in many fruits, vegetables, herbs, spices, and even personal care products. They're also the active ingredient in aspirin.

How Salicylates Work in the Body

In a healthy system, salicylates are detoxified through phase II liver pathways—specifically glycine conjugation. This process attaches glycine (an amino acid) to the salicylate molecule so it can be safely excreted. It's a normal part of how your body handles plant compounds.

Why Salicylates Become a Problem

Some people don't break salicylates down properly. This isn't an allergy—it's a chemical sensitivity. It's dose-dependent, meaning the more you consume, the worse you feel. Here's why breakdown can fail:

- Nutrient deficiencies: low glycine, B6, magnesium, sulfur
- Genetic variants: sluggish detox enzymes
- Gut dysfunction: leaky gut, poor microbiome balance
- Liver overload: too many toxins, medications, alcohol
- Mitochondrial stress: poor energy production, oxidative stress
- Mast cell activation: salicylates trigger histamine release and inflammation

When detox slows down, salicylates build up. That leads to inflammation, nervous system irritation, and immune system overreaction.

Symptoms of Salicylate Sensitivity

- Eczema, hives, itchy skin
- Asthma, sinus congestion
- Headaches, migraines
- Anxiety, panic, insomnia
- PMS, mood swings
- Acne, breakouts
- Gut issues: bloating, reflux, IBS-like symptoms
- Brain fog, fatigue

High-Salicylate Foods to Avoid

These foods are healthy—but not for you right now. They're high in salicylates and can trigger symptoms.

Fruits Strawberries, raspberries, blueberries, apples (with skin), oranges, lemons, limes, pineapple, peaches, plums, grapes, mango, dried fruits

Vegetables Tomatoes, spinach, zucchini, eggplant, cucumber (with skin), avocado, broccoli, mushrooms, peppers (capsicum, chili)

Herbs & Spices Mint, thyme, oregano, rosemary, basil, curry powder, paprika, turmeric

Other Tea (black, green, herbal), coffee, vinegar (especially balsamic), honey, jams, fruit juices, perfumes, skin creams, aspirin

Jodie Studley@Cherish Natural Health

