



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com · 1.866.212.1407 · YourBodyCanTalk2@Gmail.com

Ryodoraku Nutrient and Herb Chart

Organ	LU Lung	P Pericardium	HT Heart	SI Small Intestine	TH Thyroid	LI Large Intestine
Herbs	Khella	Oat Grass	Hawthorne	Cat's Claw	Bladderwrack—Kelp	Collinsonia—Hemorrhoids & Varicose Veins
	Turmeric	Ginko	Damiana	Chamomile	Horsetail	Swiss Kriss
	Lobelia—Smokers	Dong Qui	Garlic	Red Clover	Burdock	Fennel
	Usnea—Infections	Kava	Cayenne	Pau D'arco	Dandelion	Licorice
	Marshmallow		Ginko	Beet	Ginseng	Beet
			Horsetail	Lavendar	Sage	Yarrow
			Yarrow	Loquat		Wormwood
				Licorice		
MediHerbs	Broncafect	Kava Forte	Hawthorn	Gut Flora Complex	Metabol Complex	Collinsonia Root
	Pulmaco	Bacopa	Vascular Care Complex	DiGest Phytosynergist	Thyroid Complex	DiGest Phytosynergist
	Resco	Ginko	Hawthorne leaves	Marshmallow Root		Marshmallow Root
	Broncafect Phytosynergist	Gotu Kola				
	Coleus	Schisandra				
	Marshmallow Root					
Vitamins	Schisandra					
	A, B, F	B, C	A, B, F	B, D, F	A, B, E, F	B, C, D, F
	CoQ10	CoQ10	CoQ10	Choline	Choline	
Minerals				Inositol	Folic Acid	
	Calcium	Calcium	Calcium	Chromium	Iodine	Magnesium
	Copper	Magnesium	Magnesium	Magnesium	Manganese	Calcium
	Magnesium	Zinc	Potassium	Calcium	Molybdenum	Potassium
	Manganese		Manganese	Potassium		Sulphur
			Chromium	Sulphur		
Amino Acids		Phosphorus				
		Zinc				
	N-Acetyl Cysteine	Phosphatidyl-serine	L-Taurine	L-Glutamine	L-Cysteine	L-Glutamine
	L-Glycine	Phosphatidyl-choline	L-Carnitine	L-Leucine	L-Glutamine	L-Lysine
	dl-Methionine	Glutathione		L-Glutathione	L-Ornithine	L-Ornithine
Trophin or Protomorphogen		Glutamine			dl-Methionine	L-Cysteine
		L-Taurine			L-Taurine	L-Glutathione
		Tryptophan				
	Pneumotrophin PMG	Neurotrophin PMG	Cardiotrophin PMG	Dermatrophin PMG	Thytrophin PMG	Dermatrophin PMG
Organ Foods		Hypothalamus PMG				
		Orchic PMG				
		Ovatrophin PMG				
	Cataplex A	Cataplex B Core	Cataplex B Core	Biofilm Pro Balance	Cataplex A	Biofilm Pro Balance
	Congaplex	Neuroplex	Cardio Plus	Gastrex	Paraplex	Okra Pepsin
	Emphaplex	Orchex	Cataplex E	Lactic Acid Yeast	Thyroid Complex	S P Power Mix
	Lactic Acid Yeast	Ovex-P	Cataplex E2	Wheat Germ Oil	S P Power Mix	Zymex
	Wheat Germ Oil	Prost-x	Cyruta Plus			
Emotions		Senaplex	Wheat Germ Oil			
		Soybean Lecithin				
		Wheat Germ Oil				
Emotions	Grief	Non-Emotive Pericardium, Male	Joy	Lost	Muddled Instability	Stuck
		Non-Emotive Pericardium, Female	Overjoyed	Vulnerable		



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of Your Body Can Talk & Your AGING Body Can Talk

www.YourBodyCanTalk.com · 1.866.212.1407 · YourBodyCanTalk2@Gmail.com

Ryodoraku Nutrient and Herb Chart

Organ	SP Spleen Pancreas	LV Liver	KI Kidney	BL Bladder	GB Gall Bladder	ST Stomach
Herbs	Red Clover-Spleen & Lymphatic	Dandelion	Goldenrod	Cranberry	Hydrangea	Digestive
	Ginseng	Milk Thistle	Horsetail	Uva Ursi	Ginseng	Blend
	Sarsaparilla	Beet	Dandelion	Gotu Kola	Ginger	Aloe Vera
	Oregon Grape	Oregon Grape	Uva Ursi	Uva Ursi	Sarsaparilla	Meadow Sweet
	Dandelion	Artichoke Leaf	Red Clover	Bachu	Plantain	Lavendar
	Buchu	Fennel	Burdock	Goldenseal-Infection	Garlic	Dandelion
	Sage		Marshmallow	Milk Thistle	Yarrow	Licorice
	Horsetail		Ginko	Nettle	Chamomile	Chamomile
	Goldenrod		White Oak Bark	Oat Straw	Burdock	Fenugreek
	Hawthorn				Fenugreek	Fennel
	Garlic				Wood Betony	Ginger
	Cayenne					
	Nettles					
MediHerbs	Gymnema	Berberine Active	Cranberry Complex	Cranberry Complex	DiGest Forte	DiGest Phytosynergist
		DiGest Forte	Vascular Care Complex	UriCo Phytosynergist	Globe Artichoke	HiPep
		Globe Artichoke	Adrenal Complex	Celery Seed	Spanish Black Radish	Marshmallow Root
		HerbaVital	Adrenal Tonic Phytosynergist	Cleavers		
		Livco	UriCo Phytosynergist			
		Livton Complex	Bupleurum			
		DiGest Phytosynergist	Celery Seed			
		Bupleurum	Cleavers			
		Milk Thistle	Marshmallow Root			
		Rehmannia Complex	Schisandra			
		Spanish Black Radish				
Vitamins	A, B, C, E	B	A, B, C	A, C, D	A, B, C, E, F	A, B, C, E
	CoQ10	Choline				
		Inositol				
Minerals	Potassium	Zinc	Chromium	Calcium	Iodine	Zinc
	Silica	Selenium	Calcium	Magnesium	Manganese	
	Chromium		Magnesium	Potassium	Zinc	
	Zinc		Manganese			
			Potassium			
Amino Acids	L-Cysteine	L-Cysteine	dl-Methionine	dl-Methionine	L-Threonine	L-Glutamine
	dl-Methionine	dl-Methionine	L-Leucine	L-Leucine	L-Cystine	
	L-Threonine	L-Threonine	L-Arginine	L-Arginine	L-Proline	
	Phosphatidyl-choline	L-Glutathione			L-Taurine	
					Phosphatidyl-choline	
Trophin or Protomorphogen	Pancreatrophin PMG	Hepatrophin PMG	Renatrophin PMG	Dermatrophin PMG	Dermatrophin PMG	Dermatrophin PMG
	Spleen PMG					
Organ Foods	Cataplex B Core	Betafood	Arginex	Arginex	AF Betafood	Biofilm Pro Balance
	Diaplex	Cataplex A	Cataplex C	Cataplex C	Cataplex B Core	Cruciferous Complete
	Immuplex	Livplex	Renafood	Cranberry Complex	Cholacol	Gastrex
	Spleen Desiccated	S P Green Food	S P Power Mix	Lactic Acid Yeast	Cruciferous Complete	Okra Pepsin
		S P Power Mix			Livaplex	S P Power Mix
Emotions	Low Self-Esteem	Anger	Fear	Miffed	Resentment	Disgust