



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Foods High In Zinc

Zinc Foods		
Fruit	Veggies	Other
Watermelon seeds	Chickpeas	Brown Rice
	Garlic	Cashews
	Kidney Beans	Chicken
	Lima Beans	Cocoa Powder
	Mushrooms	Dark Chocolate
	Peas	Egg Yolks
	Pumpkin Seeds	Flax Seeds
	Spinach	Grains
		Grass-Fed Beef (& Liver)
		Kefir or Probiotic Yogurt
		Lamb
		Oysters
		Peanuts
		Salmon
		Sesame Seeds
		Sunflower Seeds
		Turkey

See Your Aging Body Can Talk, by Dr. Susan L. Levy for more information!