



# 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*

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk) · [YourBodyCanTalk2@Gmail.com](mailto:YourBodyCanTalk2@Gmail.com) · [www.YourBodyCanTalk.com](http://www.YourBodyCanTalk.com)

## Female Reproductive Organs Food and Nutrient List

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs	Vitamins	Minerals
Acerola Cherries Apples Cantaloupe Figs Grapefruit Oranges Strawberries	Asparagus Cabbage Celery Collard Greens Cucumbers Ginger Root Green Vegetables Kale Mushrooms Red Peppers Sea Vegetables Spinach Watercress	Alfalfa Beans Flaxseed Lecithin Legumes Nuts Oats Peas Primrose Oil Pumpkin Seeds Sunflower Seeds Wheat Wheat Germ	Black cohosh Damiana Dong Quai Horsetail Licorice Root Nettle Raspberry Leaf Sarsaparilla Saw Palmetto Uva Ursi White Oak Bark	B-Complex B-2 B-6 C D E Essential Fatty Acids	Calcium Chlorine Copper Iodine Iron Phosphorous Silicon Sodium Zinc