



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Soothing Quercetin Foods

Quercetin is a natural anti-inflammatory agent that blocks histamine (i.e., inflammatory) reactions in your body. Including soothing quercetin-rich foods is highly beneficial for those suffering from any type of inflammation. Food sources of quercetin include:

- Apples
- Berries
- Broccoli
- Capers
- Cherries
- Garlic
- Grapes
- Green Tea
- Kiwi
- Leafy greens
- Okra
- Onions
- Parsley
- Red Tea
- Tomatoes

Quercetin is a plant pigment, a flavonoid, a subclass of flavonoids, and is a potent antioxidant. Quercetin is roughly one half of the rutin molecule, another flavonoid. Quercetin is a more active antioxidant than is rutin.

Many berries have quercetin, especially dark red and purple ones such as red grapes, black grapes, bilberries, elderberries, strawberries, blueberries, and blackberries. Also, dark red fruits often have quercetin such as dark red apples and cherries.

Kiwi, capers, and tomatoes are rich in quercetin.

Rooibos, also called Red Tea, is another source of quercetin, as is green tea.

Onions, garlic, most green leafy vegetables, especially kale and broccoli are good sources of quercetin.

Several herbs contain quercetin: parsley, sage, passionflower, valerian, licorice, and cayenne.

Some studies have shown that quercetin helps prevent malignant cells from spreading.

Quercetin containing foods and herbs are considered soothing to the intestinal lining, and are helpful in cases of Leaky Gut Syndrome, and generalized inflammation of any sort.

Okra is a food that has mucilaginous healing and soothing qualities. Think of okra (except when it's deep fried) as an intestinal comfort food. Soaked flax and chia seeds soothe your intestines as well. Include these foods in your leaky gut recovery diet. [Page 157, Your Body Can Talk, second edition](#)