



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Healthcare

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Pancreas Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs		Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apricots	Asparagus	<u>Legumes</u>	Alfalfa	Green Tea	Vitamin A	Chlorine	DL-Methionine	Anthocyanidins
Bananas	Beets	• Garbanzo Beans	Astragalus	Gymnea			L-Cysteine	Carotenoids
Black Figs	Bok Choy	• Kidney Beans	Buchu	Hawthorn	Vitamin B-Complex	Chromium-GTF	L-Glutathione	Ellagic Acid
Cranberries	Cabbage	• Adzuki Beans	Bitter Melon	Horsetail		Copper	L-Threonine	Lycopene
Dates	Celery Root	• Lentils	Cardamom	Huckleberry	Vitamin B-1	Iron	Phosphatidyl	
Gooseberries	Green Beans	• Black Beans	Cayenne	Juniper Berry	Vitamin B-12	Magnesium	Choline	Alpha Mangostin *
Papaya	Jerusalem Artichokes	• Peas	Chamomile	Oregon Grape		Potassium		Gamma Mangostin *
Pear	Kale	<u>Nuts</u>	Cinnamon	Lavender	Vitamin C	Silica		
Pineapple	Kohlrabi	• Almonds	Dandelion	Licorice		Silicon		
Prunes	Okra	• Chestnuts	Devils Club	Nettles	Vitamin E	Sodium		<u>Misc.</u>
Strawberries	Onion	• Pine Nuts	Fennel	Peppermint		Zinc		• Aloe Vera Gel
	Parsnips	• Pistachios	Garlic	Rosemary				• Aloe Vera Juice
	Peas	• Walnuts	Ginger	Sage				
	Radishes	<u>Grains</u>	Ginseng	St. John's Wart				
	Rhubarb	• Barley	Goldenrod	Turmeric				
	Spinach	<u>Seeds</u>	Golden Seal					
	Sea Vegetables	• Pumpkin Seeds						
	Tomatoes	• Sunflower Seeds						
	Turnips	<u>Oils</u>						
	Watercress	• Flaxseed Oil						
	Yams							<i>*Mangosteen Garcinia is nature's richest source for these phytonutrients!</i>