



Dr. Levy's Healthy Foods & Nutrients

for the
KIDNEY

Herbs

Alfalfa
Buchu
Burdock
Cilantro
Corn silk
Dandelion
Garlic
Ginger
Gingko Biloba
Goldenrod
Gravel Root
Juniper Berries
Parsley
Pipsissewa
Sarsaparilla
Slippery Elm
Uva Ursi
Wheatgrass

Phyto-Nutrients

(& miscellaneous)

Alpha Mangostin *
Gamma Mangostin *
Apple Cider Vinegar
Astaxanthin
Catechins
Eggs
Lecithin
Leutin
Lycopene
Phosphatidal Choline
Proanthocyanidins
Probiotics
Resveretrol
Sterols

**Mangosteen Garcinia is nature's richest source for these phytonutrients!*

Minerals

Calcium
Chlorine
Chromium
Copper
Iron
Manganese
Magnesium
Potassium
Sulphur
Zinc

Legumes, Grains, Oils, Nuts & Seeds

Legumes

- Kidney Beans
- Lentils
- Soybeans

Grains

(best if sprouted)

- Brown Rice
- Buckwheat
- Oats
- Rice
- Rice Bran
- Wheat
- Wheat bran
- Wheat germ

Oils

- Almond Oil
- Macadamia Oil
- Olive Oil

Nuts & Seeds

- Almonds
- Macadamia Nuts
- Pumpkin Seeds

Amino Acids

L-Arginine
L-Carnitine
L-Glutamine
L-Methionine

Avoid:
L-Cysteine

Vitamins

A (beta carotene)
B-complex
B-6
B-17
C-complex
(bioflavonoids)
E-complex

Vegetables

Artichoke	Kale
Arugula	Lettuce
Asparagus	Olives
Beans	Onions
Beets	Parsnips
Bell Peppers	Peas
Cabbage	Radish
Carrots	Shitake Mushrooms
Cauliflower	Spinach
Celery	Turnips
Cucumbers	

Fruits

Bananas	Gooseberries
Blackberries	Grapefruit
Blueberries	Lemons
Casaba Melon	Peaches
Cherries	Pineapple
Coconuts	Prunes
Cranberries	Red Grapes
Figs	Strawberries
	Watermelon