



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Healthcare

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PERICARDIUM Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils		Herbs	Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apples	Arugula	Legumes	Seeds	Butcher's Broom	Folate	Calcium	L-Arginine	Phyto-Nutrients
Blackberries	Beets	• Tahini	• Chia Seeds	Cayenne	Multivitamin	Magnesium	L-Taurine	Carotene
Cantaloupe	Brussel Sprouts	•	• Flax Seeds	Cinnamon				Gamma Mangostin *
Grapes	Carrots	Nuts	• Sesame Seeds	Cloves	Vitamin A	Potassium		
Honeydew	Cauliflower			• Almonds	Oils	Collonsonia	Vitamin B12	Selenium
Kiwi	Cooked Dried Beans	• Cashews	• Coconut Oil	Garlic	Vitamin B6			Bromelain
Lemons	Collard Greens	• Walnuts	• Flax Seed Oil	Ginger				CoQ10
Oranges	Green Beans	Grains	• Olive Oil	Green Tea	Vitamin C			Omega 3 oils
Papaya	Hot Peppers		• Barley	• Walnut Oil	Hawthorn			
Pineapple	Jerusalem Artichoke	• Buckwheat		Turmeric	Vitamin E			Rutin
Pink Grapefruit	Leafy Greens	• Oat Bran			Vitamin K			Serrapeptase
Pomegranate	Mushroom	• Oatmeal						Eggs
Quince	Mustard Greens	• Millet						Wild Salmon
Strawberries	Onions							<i>*Mangosteen Garcinia is nature's richest source for these phytonutrients!</i>
Tomatoes	Parsley							
	Potatoes							
	Radishes							
	Rhubarb							
	Spinach							
	Sweet Potatoes							