



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (TM) Holistic Healthcare

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Foods High in Vitamin C Complex

Fruit

Avocados
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Citrus fruit
Kiwi
Pineapple
Raspberries
Strawberries
Tomatoes

Vegetables

Alfalfa sprouts
Broccoli
Cabbage
Collards
Green peppers
Mustard greens
Spinach
Squash
Sweet potatoes

Other

Beef liver
Brazil nuts
Oysters
Potatoes
Rose hips

See [*Your Aging Body Can Talk*](#), by Susan L. Levy, D.C. for more information!