



# NATURAL SOLUTIONS

*Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare*

Susan L. Levy, D.C., DABCO, FIACA

Author of **Your Body Can Talk** & **Your AGING Body Can Talk**

[Facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk) · [YourBodyCanTalk2@gmail.com](mailto:YourBodyCanTalk2@gmail.com) · [www.YourBodyCanTalk.com](http://www.YourBodyCanTalk.com)

## SKIN HEALTH FOODS AND NUTRIENTS

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs		Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apples	All Leafy Greens	Brown Rice	Alfalfa	Mullen Leaf	A	Calcium	L-Arginine	Beta Carotene
Apricots	Avocados	Chia Seeds	Aloe Vera	Nettle leaf	B Complex	Copper	L-Histidine	Catechin
Bananas	Beets	Flax Seeds	Burdock Root	Oak Bark	B1	Magnesium	L-Lysine	EGCG
Blueberries	Broccoli	Millet	Calendula	Primrose Oil	B2	Potassium	L-Methionine	Epicatechin
Cantaloupe	Carrots	Oat Bran	Cardamom Seed	Raspberry Leaf	B6	Selenium	Proline	Lycopene
Cherries	Celery	Pumpkin Seeds	Chamomile	Rooibos leaf	B12	Silica (Silicon)		
Figs	Cucumbers	Rice Bran	Dandelion	Rose	Bioflavonoids	Sodium		Lutein
Prunes	Kale	Soybeans	Garlic	Schisandra Berry	C, D, E, K	Sulphur		Quercetin
Lemons	Kidney Beans	Wheat Germ	Geranium	Sea Buckthorn Oil	PABA	Zinc		
Papaya	Lentils		Horsetail	Yarrow	Pantothenic Acid			
Peaches	Pumpkin		Kelp	Yellow Dock				
Red Grapes	Sea Vegetables		Licorice Root	Ylang-Ylang				
Watermelon	Spinach							
	Squash							
	Sweet Potatoes							