



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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SMALL INTESTINE Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs		Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apples	Acorn Squash	Legumes	Allspice	Gotu Kola	Vitamin A	Calcium	L-Arginine	Carotenoids
Avocado	Artichoke	<ul style="list-style-type: none"> Beans Peas 	Aloe Vera	Licorice	Vitamin B	Magnesium	L-Glutamine	Curcumin
Blackberries	Asparagus	Nuts	Ashwagandha	Maca	Vitamin C	Selenium	L-Lysine	Ellagic Acid
Grapefruit	Brussel Sprouts	<ul style="list-style-type: none"> Soy Nuts Pinion Nuts Cashews 	Caraway	Marshmallow Root	Vitamin D	Zinc	L-Threonine	Flavonoids
Mango	Celery	Grains	Cinnamon	Nutmeg	Omega-3			Quercetin
Peaches	Collard Greens	<ul style="list-style-type: none"> Oat Oat Bran 	Dill	Peppermint				
Pear	Kale		Fennel	Rhodiola				
Persimmon	Parsley	Seeds	Garlic	Rosemary				(Miscellaneous)
Prunes	Radish	<ul style="list-style-type: none"> Chia Seeds Flaxseeds Pumpkin Seed 	Ginger	Sage				Prebiotic
Pumpkin	Rhubarb		Gingko	Slippery Elm				Probiotic
Quince	Shiitake Mushrooms	Oils	Ginseng	Turmeric				Sauerkraut
Raspberries	Spinach	<ul style="list-style-type: none"> Coconut Oil 	Gentian Root	Wild Cherry Bark				Spirulina
Watermelon								Yogurt