



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Healthcare

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BLADDER Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs		Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Acerola Cherries	Beets	Legumes	Buchu Leaves	Linden Flowers	Vitamin A	Calcium	DL-Methionine	Glucosinolates
Apples	Broccoli	• Soybeans	Corn Silk	Lovage Fennel	Vitamin B complex	Chlorine	L-Leucine	Kaempferol
Bananas	Cauliflower	Nuts	Dandelion	Milk Thistle	Vitamin C complex	Copper	L-Arginine	Quercetin
Blueberries	Cabbage	• Almonds	Elder Blossom	Mullein Root	Vitamin D	Iron		Alpha Mangostin *
Cantaloupe	Carrot	Grains	Fennel	Nettle	Vitamin E	Magnesium		Gamma Mangostin *
Cranberries	Celery	• Brown Rice	Goldenrod	Oat Straw	Bioflavonoids	Manganese		
Grapefruit	Cucumber	• Oats	Goldenseal	Parsley	Pantothenic acid (B-6)	Potassium		(Miscellaneous)
Lemons	Green Beans	• Wheat Bran/Germ	Gotu Kola	Rose Hip	Essential Fatty Acids	Silicon		Molasses
Pears	Lettuce	Seeds	Horsetail	Shave Grass		Zinc		
Strawberries	Potato Skins	• Flaxseed	Huckleberry	Uva Ursi				
Watermelon	Red and Green Peppers	• Sunflower Seeds	Juniper Berries	Watercress				
	Spinach							<i>*Mangosteen Garcinia is nature's richest source for these phytonutrients!</i>