



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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LIVER Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs		Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apples Avocado Blackberries Black Cherries Figs Gooseberries Grapefruit Grapes Lemon Lime Lychee (Litchi) Mangosteen Mulberry Oranges Papaya Peaches Prunes Purple Plum Strawberries	All Green Leafy Vegetables Artichoke Leaf Arugula Asparagus Beets, tops & roots Brussels Sprouts Cabbage Carrots Celery Chicory Collard Greens Cucumbers Daisies Dandelion Greens Eggplant Endive Green Beans Jicama Kale Mustard Greens Okra Onions Parsnip Potato Skin Radishes Reishi Mushrooms Seaweed Spinach String Beans Tomato Turnips Watercress	Legumes <ul style="list-style-type: none"> • Lentils • Lima Beans • Mung Beans • Navy Beans • Peas • Soybeans Nuts <ul style="list-style-type: none"> • Almonds • Macadamia Nuts • Peanuts • Pine Nuts • Pistachios Grains <ul style="list-style-type: none"> • Barley • Brown Rice • Corn Germ • Oats • Oats Bran • Wheat Bran/Germ Seeds <ul style="list-style-type: none"> • Sunflower Seeds Oils <ul style="list-style-type: none"> • Olive Oil 	Artichoke Leaf Astragalus Barberry Beet Black Radish Blessed Thistle Blue Flag Burdock Root Cardamom Celandine Culver's Root Dandelion Echinacea Fennel Fenugreek Fringe Tree	Garlic Gotu Kola Licorice Root Milk Thistle (silymarin) Oregon Grape Red Clover Red Root Suma Schizandra Thyme Yellow Dock	A B-complex B-12 C Choline Co-Q 10 D E Essential Fatty Acids Inositol K Niacin	Chlorine Copper Iodine Iron Magnesium Potassium Selenium Sodium Sulfur Zinc	L-Carnitine L-Cysteine L-Glutathione L-Methionine L-Threonine	Anthocyanidins Carotenoids Glucosinolates Lutein Quercetin Alpha Mangostin * Gamma Mangostin * (Miscellaneous) *Mangosteen <i>Garcinia is nature's richest source for these phytonutrients!</i>