



# 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)

## LUNG Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs		Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apples	All Green Leafy Vegetables	Legumes	Anise	Lovage	A (beta-carotene)	Calcium	Cysteine	Alpha Mangostin*
Apricots	Asparagus	• Lentils	Basil	Lungwort	Bioflavonoids	Copper	DL-Methionine	Carotenoids
Bananas	Beets, tops & roots	• Peanuts	Coltsfoot	Marshmallow	B-complex	Fluorine	L-Glycine	Curcumins
Blackberries	Cabbage	• Soybeans	Elder Blossom	Mullein	B-1 (Thiamine)	Germanium	N-Acetyl Cysteine	Flavonoids
Black Cherries	Carrots	• White Beans	Eucalyptus	Mustard	B-2 (Riboflavin)	Iron		Gamma Mangostin*
Cantaloupe	Celery	Nuts	Fennel	Myrrh	B-3 (niacin)	Magnesium		Lycopene
Coconut	Cucumbers	• Almonds	Fenugreek	Nettle	B-6 (pyridoxine)	Manganese		Resveratrol
Cranberries	Dandelion Greens	Grains	Garlic	Parsley	B-12 (methyl cobalamin)	Potassium		
Figs	Endive	• Amaranth	Ginger	Plantain	C	Silicon		<u>miscellaneous</u>
Gooseberries	Horseradish	• Barley	Grindelia	Reishi	Choline	Selenium		• Molasses
Grapefruit	Jerusalem Artichoke	• Brown Rice	Horehound	Rosehips	Co-Q 10			
Lemon	Kale	• Millet	Horseradish	Sage	D			
Mangosteen	Kelp	• Oats	Hyssop	Shave Grass	E			
Oranges	Kombu	• Wheat Germ	Irish Moss	Slippery Elm	Essential Fatty Acids			
Papaya	Mushrooms	• Whole Grains	Khella	Thyme	F			
Peaches	Okra	Seeds	Licorice Root	Turmeric	Folic Acid			
Pear	Onions	• Flax Seeds	Lobelia	Usnea	Inositol			
Persimmon	Potato Skin	• Sesame Seeds			Pantothenic Acid			
Prunes	Spinach	• Sunflower Seeds						
Strawberries	Squash (all)	Oils						
	String Beans	• Flaxseed Oil						
	Tomato	• Sesame Seed Oil						
	Turnips							
	Watercress							

*\*Mangosteen  
Garcinia is nature's  
richest source for  
these phytonutrients!*