



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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TRIPLE WARMER Foods and Nutrients

Fruits	Vegetables		Legumes, Nuts, Grains, Seeds & Oils	Herbs	Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apricots	All Green Leafy	Okra	Legumes	Alfalfa	A	Calcium	L-Cysteine	Brewer's Yeast
Blackberries	Vegetables	Onions	• Soybeans	Bladderwrack	B-complex	Chlorine	L-Glutamine	(if not sensitive)
Black Cherries	Asparagus	Parsley	Nuts	Blue Flag	B-1	Copper	L-Methionine	Eggs
Blueberries	Beets, tops &	Potato Skin	• Almonds	Bugleweed	B-2	Iodine	L-Ornithine	Alpha Mangostin *
Coconut	roots	Radishes	• Chestnuts	Burdock Root	B-3	Iron	L-Tyrosine	Gamma Mangostin *
Cranberries	Brussels Sprouts	Rhubarb	• Nuts	Dandelion	B-6	Magnesium	L-Taurine	
Dates	Cabbage	Sea Vegetables	• Pine Nuts	Dong Quai	B-12	Manganese		
Figs	Carrots	• Aramé	• Walnuts	Dulse	C + Bioflavonoids	Molybdenum		
Gooseberries	Cauliflower	• Dulse	Grains	Garlic	Choline	Potassium		
Grapefruit	Collard Greens	• Hijiki	• Barley	Ginger	E (avoid over 400 IU)	Sodium		
Mangosteen	Cucumbers	• Kelp	• Millet	Ginseng	Essential Fatty Acids	Sulfur		
Oranges	Dandelion	• Wakame	• Oatmeal	Goldenseal	Folic Acid	Zinc		
Peaches	Greens	Turnips	• Oats	Horsetail	Inositol			
Pineapple	Mustard Greens	Watercress	• Wheat Germ	Kelp	Pantothenic Acid			
Pomegranate			• Whole Grain Cereals	Sage				
Prunes			Seeds	Skullcap				
Quince			• Sesame Seeds					
Strawberries			• Sunflower Seeds					
			Oils					
			• Coconut Oil					
			• Evening Primrose Oil					

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