



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Depression Supportive Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs	Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apples	Green Leafy	Cashews	Chamomile	B Vitamin Complex	Calcium	L-Theanine	<i>Green Tea</i>
Avocado	Vegetables	Chia Seeds	Garlic	Cobalamin (B12)	Copper	L-Tryptophan	<i>Melatonin</i>
Blackberries	Mushrooms	Chiso (Japanese	Licorice Root	Folic Acid (B9)	Chromium	Oxitriptan	<i>Oat Straw Tea</i>
Blueberries	Onions	beefsteak leaf)	Melissa	Omega 3	Iodine	S-Adenosyle-	<i>Probiotic</i>
Raspberries	Peas	Beans	Oregano	Multivitamin	Iron	methionine	
Strawberries		Flax Seed	Saffron	Vitamin D3	Lithium	(SAME)	
Tomatoes		Flax Seed Oil	St. John's Wort		Manganese		
		Hemp Seeds	Rhodiola Rosea		Magnesium		
		Lentils	Turmeric		Selenium		
		Oats			Zinc		
		Rice					
		Walnuts					
		Walnuts Oil					