



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Immunity Supportive Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs	Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apples Avocado Banana Beets Blueberries Clementines Coconut Grapes Grapefruit Kiwi Lemon Limes Manuka Honey Oranges Papaya Pineapple Plum Tangerine Watermelon	Broccoli Butternut Squash Cabbage Carrots Celery Celery Seed Cucumber Mushrooms- Shitake Maitake Olives Onions Red Bell Peppers Sauerkraut (Homemade) Seaweed Spinach Sweet Potatoes	Almonds Coconut Oil Sunflower Seeds	Astragalus Basil Bearberry Black Elderberry Cardamom Chamomile Cinnamon Cumin Echinacea Garlic Germanium Ginger Ginseng Golden Seal Horseradish Licorice Root Milkweed Mint Nutmeg Oregano Osha Parsley Red Root Turmeric	Beta Carotene B Vitamins COQ10 Folate Inositol Omega 3 Oil Vitamin A Vitamin C Vitamin D 3 Vitamin E	Calcium Copper Iron Manganese Selenium Zinc	L-Glutamine	<i>Acidophilus</i> <i>Greek Yogurt</i> <i>Kefir</i> <i>Probiotics</i>  <i>Bone Broth</i> <i>Chicken</i> <i>Chicken Soup</i> <i>Dark Chocolate</i> <i>Eggs</i> <i>Salmon</i> <i>Tuna</i> <i>Turkey</i>  <i>Black Tea</i> <i>Green Tea</i>