



# 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)

## PAIN Supportive Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs	Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Avocado Blueberries Cantaloupe Cherries Cherry Juice Edamame Oranges Pineapple Pomegranate Juice Pomegranate Seeds Red Grapes	Asparagus Cauliflower Chili Peppers Garlic Spinach Sweet Potatoes	Almonds Black Beans Chia Seeds Flax Seeds Egg Whites Herring Mackerel Pistachios Pumpkin Seeds Sardines Soybeans Virgin Olive Oil Walnuts Walnut Oil Wild Salmon	Basil Bergamot Boswellia Butterbur Devil's Claw Eucalyptus Feverfew Garlic Ginger Tea Green tea Hops Idaho Tansey Kava Meadow Sweet Pau D'arco Peppermint Spearmint Turmeric Willow Bark Zostix - (topical)	Multivitamin Omega 3 Oil Vitamin C Vitamin D	Magnesium Potassium Zinc	D-phenylalanine (DPA) L-glutamine L-Phenyl-alanine	<i>Aroma Therapy:</i> Douglas Fir Helichrysum Peppermint Valerian White Fir Wintergreen  <i>Bach Remedies:</i> Agrimony Aspen Beech Gorse Impatiens Rescue Remedy Willow  <i>Miscellaneous</i> Alpha Lipoic Acid Arnica Arnica Salve-(topical) Bromelain Melatonin Probiotic