



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Hypertension Reliving Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs		Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apricots Avocado Bananas Berries Figs Pomegranates Tomatoes	Beets Celery Eggplant Garlic Greens (all types) Lamb's Quarters Greens Olives Onions Potatoes Reishi Mushrooms Rhubarb Sea Vegetables Shiitake Mushrooms Sorrell Greens (French) Spinach Swiss Chard Winter Squash Yams	Legumes • Fava Beans • Navy Beans Nuts • Almonds • Cashews • Walnuts Grains • Brown Rice • Oats Seeds • Flax Seeds • Sesame Seeds • Tahini Oils • Avocado Oil • Flaxseed Oil • Walnut Oil	Barberry Bilberry Bitter Orange Black Cohosh California Poppy Celery Seed Chanca Piedra Chicory Coleus Corn Silk Dandelion Dong Quai Hawthorn Hibiscus Horseradish	Fenugreek Garlic Goldenrod Goldenseal Golden Thread Green Tea Nutmeg Passion Flower Peony Rosemary Sea Buckthorn Self Heal Stinging Nettles Tree Turmeric Valerian Yerba Mansa	B Vitamin Complex Choline Folate Multivitamin Rutin Vitamin C Vitamin D3 Vitamin E	Calcium Magnesium Potassium Selenium	L-Arginine L-Citrulline L-Taurine	Lycopene Alpha Mangostin* Gamma Mangostin* Polyphenols (Miscellaneous) Blackstrap Molasses Coenzyme Q 10 Evening Primrose Oil Honey Lutein Nitric Oxide (Food-based) Mackerel Melatonin Salmon Sardines Spirulina <i>*Mangosteen Garcinia is nature's richest source for these phytonutrients!</i>