



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Inflammation Supportive Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs		Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apples Avocado Blueberries Cherries Currants Dates Green Grapes Oranges Pomegranate Persimmons Prunes Raspberries Tangerines	Broccoli Brussel Sprouts Butternut Squash Celery Chilies Cucumbers Green Beans Kale Leafy Greens Lettuce Pickles Scallions Sea Weed	(Nuts) • Almonds • Walnuts (Grains) • Quinoa (Oils) • Avocado Oil • Coconut Oil • Flaxseed Oil • Olive Oil • Walnut Oil	Aloe Vera Andiroba Oil (topical) Arnica (Homeopathic) Arnica Salve Ashwagandha Birch Leaf Boswellia Burdock Root Cat's Claw Cayenne Devil's Claw Feverfew Garlic Ginger Hawthorne	Licorice Root Stinging Nettles Turmeric Willow Bark Yucca	Vitamin C Complex Vitamin E Essential Fatty Acids	Boron Magnesium Manganese Selenium Zinc	L-Leucine L-Valine N-Acetyl- Glucosamine	(Enzymes) Amylase Bromelain Lipase Pancreatin Papain Trypsin (Miscellaneous) Green Tea (Food-based) Herring Mackerel Sardines Wild Salmon (Phyto-Nutrients) Carotenoids Xanthones <i>*Mangosteen Garcinia is nature's richest source for these phytonutrients!</i>