



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Bacterial Infection Fighting Foods and Nutrients

* indicates Bacteria Specific

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 Coptis * Cumin Echinacea Garlic * Germanium Ginger Ginseng Golden Seal * Horseradish Juniper *	Licorice Root Mahonia * Milkweed Mint Nutmeg Oregano Osha Parsley Red Root Turmeric Usnea *	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>