



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Viral Infection Fighting Foods and Nutrients

\* indicates Virus 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 Pomegranate * 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 Chinese Skullcap * Cinnamon Cumin Echinacea Elderberry * Garlic * Germanium Ginger * Ginseng Golden Seal Holy Thistle * Horseradish Houttuynia * Isatis *	Lemon Balm * Licorice Root Lomatium * 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 L-Lysine *	<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>