



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

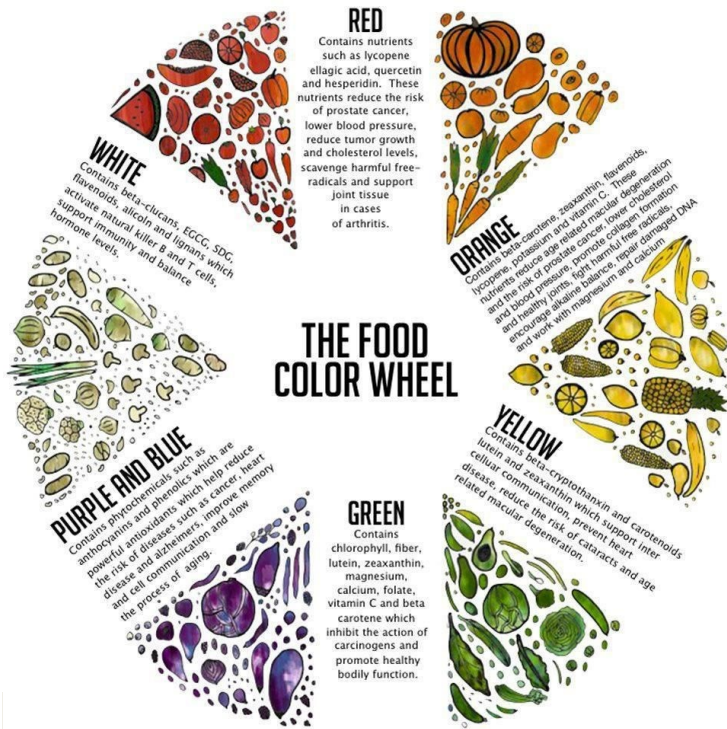
Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

YourBodyCanTalk2@Gmail.com

www.YourBodyCanTalk.com



Color	Foods	Benefits
Red	Tomatoes, watermelon, guava	Lycopene: antioxidants
Orange	Carrots, yams, mangos, pumpkins	Beta-carotene: Immune system
Yellow-orange	Oranges, lemons, papayas, peaches	Vitamin C: detoxify harmful substances
Green	Spinach, kale, collards	Folate: builds healthy cells
Green-white	Broccoli, Brussels sprouts, cabbage	Indoles, lutein: eliminate carcinogens
White-green	Garlic, onions, chives, asparagus	Allyl sulfides: destroy cancer cells
Blue	Blueberries, plums	Anthocyanins: destroy free radicals
Red-purple	Grapes, berries	Resveratrol: decrease estrogen
Brown	Whole grains, legumes	Fiber: carcinogen removal



Eat a rainbow

Fruit and vegetables nutrients by color



IMMUNE SUPPORT	BEAUTY	CANCER PREVENTION	HEART HEALTH	LONGEVITY	DETOXIFICATION
Immune system	Healthy heart	Healthy heart	Healthy heart	Healthy heart	Improves digestion
Healthy colon	Lowers cholesterol	Immune system	Decr. blood pressure	Healthy blood vessels	Supports eyesight
Prevents ulcers	Healthy joints/issues	Skin protection	Skin protection	Helps memory	Healthy bones
Lowers cholesterol	Supports eyesight	Supports eyesight	Helps cell renewal	Anti-aging	Immune system
Healthy heart	Healthy skin	Antioxidant	Prevents Cancer	Healthy urinary system	Prevents Cancer