



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Restful Sleep Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils		Herbs	Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apples** Avocado** Bananas** Cherries** (especially tart cherries) Cherry Juice** Grapes Olives Peaches** Pomegranate Tomatoes	Asparagus** Broccoli** Cucumber Green Snap Peas Okra Onion** Mushrooms * Pumpkin Seaweed** Spirulina Spinach** (cooked) Squash Turnip Greens**	<u>Legumes:</u> Black Beans** Chickpeas** Lima Beans** Split Peas** Peanuts** <u>Nuts And Seeds:</u> Almonds** Cashews** Chia Seeds** Flax Seeds** Mustard Seeds** Pumpkin Seeds** Sesame Seeds** Sunflower Seeds** Walnuts**	<u>Grains:</u> (best if sprouted) Barley** Black Rice** Corn** (organic only) Oats** Whole Wheat** (organic only) <u>Oils:</u> Almond Oil** Flaxseed Oil** Pumpkin Seed Oil** Walnut Oil**	California Poppy Catnap Dill Green Tea # Hops Kava Kava Lavender Lemon Balm (Melissa) Matcha # Oat Seed Oat Straw Passionflower Peppermint Rooibos Schisandra Skullcap St. John's Wort Valerian Yerba Maté # # caffeine may be an issue	Cobalamin (B12) Inositol Niacin (B3) Pantothenic Acid (B5) Pyridoxine (B6) Riboflavin (B2) Thiamin (B1) Vitamin C Vitamin D3 Vitamin E	Calcium Iron Magnesium	Glycine L-Tryptophan L- Theanine GABA	Omega-3 Oils Probiotics Dairy Products** (organic and grass-fed) Chicken** (organic) Chicken Liver** (organic) Turkey** (organic) Some Seafoods: Shrimp**, Salmon**, Halibut**, Tuna**, Sardines**, Cod**

Foods noted with two asterisks () may contain melatonin or its precursors.**

Tryptophan is a common amino acid that your body can change into Serotonin, a very important neurotransmitter.

Your body then converts Serotonin into the hormone Melatonin.

For a deeper dive into this concept check out this link: [Dietary Sources and Bioactivities of Melatonin.](#)