



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Digestive Comfort Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs		Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Avocados Bananas Plantain Umeboshi Plums	Cabbage Carrots Celery Kale Leafy Greens Lettuce Okra Olives Seaweed Spinach Vegetable Juice Watercress	(Nuts) Almonds (Oils) Olive Oil	Aloe Vera Anise Calendula Chamomile Chicory Cinnamon Dandelion Dill Fennel Garlic Ginger Kudzu Licorice Marshmallow Root	Peppermint Slippery Elm Turmeric	B Vitamin Complex Vitamin A Vitamin C Vitamin E	Iron Magnesium Molybdenum Selenium Zinc	L-Arginine L-Glutamine	Apple Cider Vinegar Cabbage Juice Carrot Juice Mangosteen Juice* Noni Juice Peppermint Tea Slippery Elm Tea (Misc.) Digestive Enzymes Glucosamine Sulphate Melatonin Nux Vomica Probiotics <i>*Mangosteen Garcinia is nature's richest source for these phytonutrients!</i>