



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Blood Vessel Supportive Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs	Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apples Avocado Blueberries Cranberries Grapefruit Oranges Pomegranate Watermelon	Beets Broccoli Carrots Eggplant Onion Shitake Mushrooms Spinach	Almonds Almond Oil Avocado Oil Barley Beats Beans Cashews Chia seeds Coconut Oil Flax Seeds Lentils Macadamia Nuts Macadamia Oil Oatmeal Oats Olive Oil Peanuts Pine Nuts Rice Bran Sesame Seeds Walnuts Walnut Oils	Aloe Andrographis Astragals Bilberry Cinnamon Garlic German Chamomile Ginger Guggul Hawthorn Hyssop Milk Thistle Resveratrol Scutellarin (Skullcap) Snow Fungus (Moon Fungus) Turmeric	Coenzyme Q10 Beta Carotene (Vitamin A) Multivitamin Niacin (B3) Omega 3 Rutin Vitamin D3	Calcium Magnesium Potassium Selenium	L-Arginine L-Citruline L-Glycine L-Ornithine L-Phenylalanine L-Proline	<i>Bee Pollen</i> <i>Beta Sitosterol</i> <i>Greet Tea</i> <i>Melatonin</i> <i>Probiotics</i> <i>Quercetin</i> <i>Red Yeast Rice Extract</i> <i>Seaweed</i> <i>Sevraptase</i> <i>Tahini</i>