



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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LARGE INTESTINE Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs	Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Cantaloupe Figs Gooseberries Grapefruit Papaya Peaches Pineapple Prunes Strawberries	Beets Broccoli Bok Choy Cabbage Carrots Celery Chard Cucumbers Dandelion Kale Kohlrabi Leafy Vegetables Lentils Lettuce Okra Olives Onions Parsley Parsnips Peas Sauerkraut Spinach Tomatoes Turnips	Legumes • Beans • Soybeans, <i>organic</i> Nuts • Almonds Grains • Amaranth • Millet • Oat Bran • Rice Bran • Wheat Germ Seeds • Flax Seeds Oils • Flaxseed Oil	Alfalfa Aloe Vera Chamomile Collonsonia Fennel Fenugreek Garlic Golden Seal Licorice Root Pau D'Arco Psyllium Seed Slippery Elm Turmeric Valerian Root Witch hazel Yarrow	Bioflavonoids B-complex B-1 B-2 B-6 B-12 C Choline E F Inositol K Niacin PABA Pantothenic Acid	Calcium Chlorine Iron Magnesium Potassium Sodium Sulphur	L-Cysteine L-Glutathione L-Glutamine L-Lysine L-Ornathine	Flavones Quercitin Reservitol Anthocyanins <i>*Mangosteen Garcinia is nature's richest source for these phytonutrients!</i> <u>miscellaneous</u> • Chia Seeds • Probiotics • Psyllium Seeds • Digestive Enzymes • Omega 3 Oil • Yogurt • Miso