



# 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](mailto:YourBodyCanTalk2@Gmail.com)

[www.YourBodyCanTalk.com](http://www.YourBodyCanTalk.com)

## Dr. Levy's 8 Steps to Finding the Right Food for You

1. Foods in their most natural, unchanged, unadulterated, unaltered, unprocessed form are typically the most nutrient dense, and the most easily digested.
2. The more chemical and industrial processing a food goes through, the more nutrient value is lost, and the more complicated it is for your body to process.
3. Farm-to-table and Garden-to-table meals are generally fresher, and more nutritious than others. This is especially true when you know the farmers and gardeners and approve of their growing methodologies. Become a locavore! (That's a person whose diet consists only or principally of locally grown or produced food.)
4. Become (or continue being) a gardener! This is how you can have ultimate control over the selection and application of clean soil, water, organic seed, organic seedlings, organic fertilizer, and kitchen-to-garden composting.

Click [HERE](#) to read about building your own composter from Backwoods Magazine

Click [HERE](#) for Compost Tea

Click [HERE](#) to read about how you can Enhance your Soil with Phosphorus

5. Eating a meal should be an enjoyable way to refuel and nurture your body, mind, and being, not a science experiment.
6. Your body inherently knows which foods are the most suitable for it. Tune in to your intuition. Have your Clinical Kinesiologist test you for food dietary lifestyle compatibility and potential food sensitivities. When you think about it, mammals, birds, reptiles, insects, and fish in the wild do not attend nutrition classes; they tune in to their inner knowingness and seek out the appropriate foods that their digestive systems can easily digest.
7. Seek out variety in food choices, variety in naturally occurring color and types of foods. Look for unusual items like starfruit, kumquats, and purple broccoli to add into your diet.
8. Learn about nutritious edible wild greens (weeds to many folks) such as lambs quarter or goosefoot, purslane, and dandelions, and gather them from your yard if you are certain they have not been sprayed or poisoned.

Click [HERE](#) to identify 24 Common Edible "Weeds"