



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 · www.YourBodyCanTalk.com

Thyroid Supportive Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs	Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apricots Blackberries Black Cherries Blueberries Coconut Cranberries Dates Figs Gooseberries Grapefruit Mangosteen Oranges Peaches Prunes	All Green Leafy Vegetables Asparagus Beets, tops & roots Brussels Sprouts Cabbage Carrots Cauliflower Cucumbers Dandelion Greens Okra Onions Parsley Potato Skin Radishes Sea Vegetables Aramé Dulse Hijiki Kelp Wakame Turnips Watercress Yellow Corn	Almonds Barley Chestnuts Coconut Oil Evening Primrose Oil Molasses Nuts Oats Oatmeal Pine Nuts Soybeans Sunflower Seeds Walnuts Wheat Germ Whole Grain Cereals Yeast	Alfalfa Bladderwrack Blue Flag Bugleweed Burdock Root Dandelion Dong Quai Dulse Garlic Ginseng Goldenseal Horsetail Kelp Sage Skullcap	A B-complex B-1 B-2 B-3 B-6 B-12 C + Bioflavonoids Choline E (avoid over 400 IU) Essential Fatty Acids Folic Acid Inositol Pantothenic Acid	Calcium Chlorine Copper Iodine Iron Magnesium Manganese Molybdenum Potassium Sodium Sulfur Zinc	L-Cysteine L-Glutamine L-Methionine L-Ornithine L-Tyrosine L-Taurine	Alpha Mangostin* Brewer's Yeast (if not sensitive) Eggs Gamma Mangostin* <i>*Mangosteen Garcinia is nature's richest source for these phytonutrients!</i>