



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

Fibromyalgia Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils		Herbs	Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Apples	Bell Peppers	<u>Legumes:</u>	<u>Grains:</u>	Aloe Vera	Cobalamin (B12)	Calcium	L-Carnitine	Amylase
Bananas	Bok Choy	Almonds	(best if sprouted)	Arnica	Vitamin C complex	Zink	L-Leucine	Betaine Hydrochloride (HCL)
Berries	Carrots	Macadamia nuts	Gluten-Free Oats	(Homeopathic)	Vitamin D3	Magnesium	L-Valine	Bromelain
Cantaloupe	Cucumbers	Pecans	Quinoa, Organic	Ashwagandha	Vitamin K			Chymotrypsin
Capers	Lettuce		Rice, Organic	Boswellia			N-Acetyl	Lipase
Cherries	Potatoes	<u>Nuts And Seeds:</u>		Burdock Root			Glucosamine	Papain
Citrus Fruits	Rhubarb	Pine Nuts	<u>Oils:</u>	CBD Oil			Ornithine Alpha	Pancreatin
Grapes	Summer Squash	Pumpkin Seeds	Avocado Oil	Lavender			Ketoglutarate	Trypsin
Honeydew	Winter Squash	Walnuts	Coconut Oil	Mint				Glucosamine Sulfate
Melon			Grape Seed Oil	Rhodiola				Grape Seed Extract
Kiwi			Olive Oil	Slippery Elm				Lecithin (phosphatidylcholine)
Kumquat				Stinging Nettles				Malic Acid
Pineapple				Turmeric				Omega 3 oil
Quince				Willow Bark				Quercetin
								Zostrix (topical capsaicin)