



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (TM) Holistic Healthcare

Susan L. Levy, D.C., DABCO, FACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk) · YourBodyCanTalk2@Gmail.com · www.YourBodyCanTalk.com

Natural Diuretic Foods and Herbs

Asparagus
Parsley
Strawberries

Watercress
Watermelon

Potassium Rich Foods Help to Decrease Water Retention

Fruits

Apples
Bananas
Cantaloupes
Coconuts
Dates
Figs
Grapefruits
Lemons
Oranges
Raisins

Vegetables

Artichokes
Avocados
Beans
Beet greens
Broccoli
Brussel Sprouts
Carrots
Collards
Kale
Mustard greens
Parsley
Parsnips
Potatoes
Spinach
Squash
Yams

Nuts/Seeds

Almonds
Brazil nuts
Chestnuts
Filberts
Peanuts
Pecans
Sesame seeds
Sunflower seeds
Walnuts

Grains

Brown rice
Buckwheat
Wheat

Miscellaneous

Kelp
Garlic

Calcium Rich Foods Help Decrease Water Retention

See Handout

B6 Foods Help Increase Circulation and Decrease Water Retention

Broccoli
Cooked oatmeal
English walnuts

Fish
Green beans (not canned)
Liver

Orange juice
Poultry
Skim milk

Tomatoes
Whole grains

Herbs That Have Natural Diuretic Properties

Blueberry Corn silk tea Dong Quai (Use only 2-3 months in a row then stop for several months; use 2 weeks premenstrual) Juniper Queen of the Meadow Squaw vine Uva ursi tea