



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Brain Supportive Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs	Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)
Amla Fruit Apples Blackberries Blueberries Cantaloupe Coconut Dark Cherries Figs Grapes, red Gooseberries Grapefruit Oranges Pineapple Prunes Strawberries	Avocado Broccoli Cabbage Cauliflower Corn Dandelion- flowers and greens Garlic Green Beans Green Peppers Leafy Greens Onions Peas Potatoes Radishes Red Peppers Reishi Mushrooms Spinach Sprouts Tomatoes Yams	Beans Chickpeas Lentils Mung Beans Soy Beans Tofu Brazil Nuts Coconut Oil , MCT Oil Evening Primrose Oil Pecans Walnuts, Walnut Oil Barley Brown Rice Rye Wheat Bran and Germ Whole Grains Wild Rice Flax Seed Poppy Seed Quinoa Sesame Seed Sunflower Seed	Alfalfa Cayenne Fenugreek Ginko Biloba Ginseng Gotu Kola Green Tea Kelp Lobelia Oat Straw Paisley Periwinkle Rosemary Sage Shepard's Purse Skullcap St. John's Wort Turmeric Valerian Root	B complex B1Thiamine B2 Riboflavin B3 Niacin B6 Pyridoxine B12 Methyl Cobalamin Choline Inositol Folic Acid Essential Fatty Acids (EPA&DHA) D E K	Calcium Chromium Germanium Iodine Iron (moderate) Magnesium Manganese Phosphorus Potassium Silica Sulfur Zinc	Acetyl-L- Carnitine Carnosine L-Arginine L- Glutamine L-Glycine L-Phenylalanine L- Taurine L-Tryptophan L-Tyrosine	Allicins Co-Q10 Colostrum Eggs (especially Yolks) Flavonoids Glyceryl phosphocholine (GPC) Phosphatidyl Choline (PC) Phosphatidyl Serine (PS) Polyphenols Saponins Sulforaphanes Xanthones * <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>* <i>Mangosteen Garcinia is nature's richest source for these phytonutrients!</i></p> </div>