



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Anti-Inflammatory Foods:

- Almonds
- Apples
- Avocado oil
- Avocados
- Blueberries
- Broccoli
- Brussels sprouts
- Butternut squash
- Cayenne
- Celery
- Cherries
- Chilies
- Coconut oil
- Cucumbers
- Currants
- Dates
- Flax seed oil
- Garlic
- Ginger
- Green beans
- Green grapes
- Green tea
- Kale
- Leafy greens
- Lettuce
- Herring
- Mackerel
- Mangosteen
- Olive oil
- Oranges
- Persimmons
- Pickles
- Pomegranate
- Prunes
- Quinoa
- Raspberries
- Sardines
- Scallions
- Seaweed
- Tangerines
- Walnut oil
- Walnuts
- Wild salmon

A high quality, pure vitamin-C supplement is another natural inflammation-fighter. Quercetin is an effective alternative for inflammation. High doses, 100 to 200 mg daily are often required to squelch acute inflammation. Vitamin B12 (methylcobalamin) is effective as well. Omega 3 oils help soothe inflamed tissues and joints. Another inflammation fighter is colostrum.

Anti-Inflammatory Herbs:

- Aloe Vera
- Andiroba oil (topical)
- Arnica (homeopathic)
- Arnica salve
- Ashwagandha
- Birch leaf
- Boswellia
- Bupleurum
- Burdock root
- Cat's Claw
- Devil's Claw
- Feverfew
- Hawthorn
- Licorice root
- Stinging nettles
- Turmeric
- Willow bark
- Yucca