



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w) Holistic Healthcare

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## Spleen Foods and Nutrients

Fruits	Vegetables	Legumes, Nuts, Grains, Seeds & Oils	Herbs	Vitamins	Minerals	Amino Acids	Phyto-Nutrients (& miscellaneous)	
Apricots Bananas Black Figs Cherries Coconut Cranberries Dates Gooseberries Papaya Pear Pineapple Prunes Pumpkin Strawberries	Asparagus Beets Bok Choy Cabbage Carrots Celery Root Green Beans Kale Kohlrabi Okra Onion Parsnips Peas Pumpkin Radishes Spinach Sea Vegetables Sweet Potato Tomatoes Turnips Watercress Winter Squash Yams	<u>Legumes</u> <ul style="list-style-type: none"> <li>Garbanzo Beans</li> <li>Kidney Beans</li> <li>Adzuki Beans</li> <li>Lentils</li> <li>Black Beans</li> <li>Peas</li> </ul> <u>Nuts</u> <ul style="list-style-type: none"> <li>Almonds</li> <li>Chestnuts</li> <li>Pine Nuts</li> <li>Pistachios</li> <li>Walnuts</li> </ul> <u>Grains</u> <ul style="list-style-type: none"> <li>Barley</li> <li>Brown Rice</li> <li>Oats</li> <li>Oatmeal</li> <li>Wheat bran/germ</li> </ul> <u>Seeds</u> <ul style="list-style-type: none"> <li>Pumpkin Seeds</li> <li>Sesame Seeds</li> <li>Sunflower Seeds</li> </ul> <u>Oils</u> <ul style="list-style-type: none"> <li>Flaxseed Oil</li> </ul>	Buchu Cardamom Cayenne Chamomile Dandelion Fennel Garlic Ginger Goldenrod Golden Seal Green Tea Hawthorn Horsetail Huckleberry Juniper Berry	Lavender Licorice Nettles Oat Straw Orange Blossom Peppermint Red Clover Rosemary Sage Sarsaparilla St. John's Wart Turmeric Valencian	CO Q10 Vitamin A Vitamin B-Complex Vitamin B-1 Vitamin B-12 Vitamin C Vitamin E	Copper Iron Magnesium Potassium Silica Silicon Sodium Zinc	DL-Methionine L-Cysteine L-Glutathione L-Threonine Phosphatidyl Choline	Anthocyanidins Carotenoids Ellagic Acid Lycopene Alpha Mangostin * Gamma Mangostin *  *Mangosteen Garcinia is nature's richest source for these phytonutrients!