

Dietary Wellness for Specific Body Parts

Specific Body Part	Vitamins	Minerals	Vegetables	Nuts, Grains & Seeds	Fruits	Herbs
Adrenals	B-complex B-2, B-12 C, E Folic acid Pantothenic acid Bioflavonoids L-Tyrosine Essential fatty acids	Calcium Chlorine, Copper Iron, Sodium Magnesium Manganese Phosphorus Potassium Silicon, Sulphur Zinc	Asparagus AD leafy greens Legumes Lima beans Mushrooms, Okra Olive oil, Onions Red peppers Sea vegetables Soybeans, Sprouts	Almonds Brown rice Cereals, Flaxseed Millet, Molasses Pumpkin seeds Whole grains Wheat bran germ Wild rice	Blueberries Coconut Figs Gooseberries Grapefruit Lemons Oranges Prunes Strawberries	Astragalus Evening primrose oil Ginger, Ginseng Juniper Licorice root Lobelia Milk thistle, Parsley Royal Jelly
Bladder	A B-complex C D E Pantothenic acid Essential fatty acids	Calcium Chlorine Iron Magnesium Manganese Potassium Silicon Zinc	Broccoli Cauliflower Cabbage Green beans Lettuce Parsley Potato skins Red & green peppers Spinach	Almonds Brown rice Flaxseed Molasses Oats Soybeans Sunflower seeds Wheat bran/germ	Acerola cherries Apples Blueberries Cantaloupe Cranberries Grapefruit Lemons Strawberries Watermelon	Buchu leaves Corn silk Elder flowers Horsetail Juniper berries Nettle Oatstraw Parsley Uva ursi
Bones	B-complex B-12 C, D, E Choline Folic acid Pantothenic acid Glucosamine sulfate Chondroitin	Boron, Calcium Chromium Copper, Fluorine Magnesium Manganese Molybdenum Phosphorus Potassium Selenium, Silicon Sulphur, Zinc	All leafy greens Asparagus Broccoli Brussels sprouts Cabbage Cauliflower Kale, Lettuce Lima beans Mushrooms Onions, Peas Sea vegetables Turnip greens Watercress	Almonds Filberts Flaxseed Molasses Oats, Rice Sesame seeds Soybean Sunflower seeds Wheat Wheat germ	Apples Acerola cherries Bananas Blueberries Cantaloupe Figs, Kiwi Gooseberries Grapefruit Lemons, Oranges Peaches, Prunes Red grapes Strawberries	Alfalfa Boneset Dandelion root Garlic Horsetail Nettles Parsley Pokeroot Rose hips

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Brain/Nerves	B-complex B-1, B-2, B-6, B-12, C, D, E Choline Co-Q10, DMG Essential fatty acids Folic acid Inositol L-Glutamine Lecithin Niacin Pantothenic acid	Calcium Chromium Fluorine Iodine Iron Magnesium Manganese Phosphorus Picolinate Potassium Silicon Sulphur Zinc	All leafy greens Avocado, Beans Broccoli Cabbage Cauliflower Chickpeas, Corn Dry peas Green beans Lentils, Lettuce Potatoes Red & green pepper Reishi mushrooms Soybeans Spinach Sprouts Tomatoes, Yams	Alfalfa Almonds Barley Flaxseed Millet Molasses, Oats Peanuts with skins Pecans Rice bran Rye Sesame seeds Sunflower seeds Wheat bran/germ Whole grains Wild rice	Blackberries Black cherries Blueberries Cantaloupe Coconut Figs Gooseberries Grapefruit Oranges Pineapple Prunes Strawberries	Alfalfa Cayenne Ginkgo Biloba Ginseng Gotu kola Kelp Lobelia Oatstraw Parsley Periwinkle Scullcap St. John's wort Valerian root
Bronchi	Beta-carotene B-complex B-1, B-2, B-6 B-12, C, E Choline CO-Q10 Essential fatty acids Folic acid Inositol Niacin	Calcium Copper Fluorine Manganese Potassium Silicon Iron Selenium	All leafy greens Asparagus Avocado Broccoli Cabbage Cauliflower Corn, Dry peas Green beans Green vegetables Lentils Mushrooms Onions, Potatoes Red & green peppers Rutabaga Sprouts Tomatoes	Alfalfa Almonds Barley Millet Molasses, Oats Peanuts with skins Pecans Rice bran Sesame seeds Soybeans Sunflower seeds Wheat bran/germ Whole grains Wild rice	Apples Blackberries Black cherries Blueberries Cranberries Gooseberries Grapefruit Peaches Prunes Strawberries	Astragalus Black radish Cayenne Eucalyptus Fenugreek Garlic Ginger Lobelia Mullein Myrrh Parsley Peppermint Shave grass Yarrow
Ears	A B-complex B-1 B-2	Calcium Manganese (Tinnitus) Phosphorus	Cabbage, Carrot Dry peas Mushrooms Greens	Almonds, Cherries Dried apricot Millet, Oats	Apricots Blueberries Cranberries Dates	Garlic oil Ginkgo biloba Hyssop Mullein

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	B-6 C, D, E Niacin Co-Q10 Essential fatty acids	Potassium	(Dandelion, Collard, Mustard, and Spinach) Sweet potatoes Tomatoes	Peanuts with skins Pecans, Rice bran Sesame seeds Soybeans Sunflower seeds Wheat Wheat bran/germ Whole grains Wild rice	Figs Gooseberries Peaches Prunes	Parsley Yellow dock
Eyes	A (beta-carotene) B-complex B-1, B-2, B-6 C plus bioflavonoids D, E, Choline Inositol L-Glutathione (cataracts) L-Taurine, Niacin Pantothenic acid	Calcium Copper Magnesium Manganese Potassium Selenium Silicon Sodium Sulphur Zinc	All dark leafy greens Beans, Broccoli Carrots, Cauliflower Chickpeas, Lettuce Onions, Pumpkin Red & green peppers Spinach, Squash Sweet potatoes Tomatoes	Almonds Flaxseed Oats Pumpkin seeds Rye Sunflower seeds Wheat bran germ Whole grains	Apricots Blueberries Cantaloupe Cranberries Dates Figs Peaches Prunes Strawberries	Alfalfa, Bilberries (night vision) Chamomile Elder Flowers Eyebright, Garlic Ginkgo biloba (circulation) Golden seal Horsetail Nettle, Oatstraw Yarrow
Female Reproductive Organs	B-complex B-2 B-6 C D E F (essential fatty acids) Lecithin	Calcium Chlorine Copper Iodine Iron Phosphorus Potassium Silicon Sodium Zinc	Asparagus Cabbage, Celery Cucumbers Ginger root (increases blood flow to pelvic area) Green vegetables Mushrooms Red peppers Sea vegetables Spinach, Watercress	Alfalfa Flaxseed Molasses Nuts Oats Pumpkin seeds Sunflower seeds Wheat Wheat germ	Acerola cherries Apples Cantaloupe Figs Grapefruit Oranges Strawberries	Black cohosh Damiana Dong quai Horsetail, Kelp Licorice root Nettle Primrose oil Raspberry Sarsaparilla Saw palmetto Uva ursi White oak bark
Gall Bladder	A B-complex c	Calcium Chlorine Iodine	Broccoli Cauliflower Carrots	Flax seed Oats Olive oil	Apples Blackberries Lemons	Barberry Burdock Dandelion

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	E L-Glutathione L-Cysteine L-Taurine (prevents gallstones)	Iron Magnesium Potassium Sodium Sulphur	Lettuce Radishes Red & green peppers Spinach Sweet potato Tomatoes	Sunflower seeds Wheat Wheat germ	Pears Pineapple	Fenugreek Gentain root Golden seal Kelp Mandrake White oak bark
Gums/Teeth	A B-complex B-2 B-6 Bioflavonoids c Essential fatty acids L-Glutathione Niacin	Calcium Fluorine Iron Magnesium Phosphorus Potassium Silicon Sodium Sulphur Zinc	Bok Choy Broccoli Cabbage Cauliflower Carrots, Kale Lettuce Mushrooms Red & green peppers Spinach Wheatgrass	Almonds Brown rice Flaxseed oil Millet Sesame seeds Wheat bran germ	Apricots Apples Bananas Cranberries Figs Gooseberries Papaya Prunes	Garlic Ginger Golden Seal* (oral and local) Lobelia, Myrrh Oatstraw Sage tea Skullcap Tea tree oil* (local) Valerian root
Hair/Scalp	A B-complex B-2 Biotin c Choline E Folic acid Niacin PABA Pantothenic acid L-Cysteine	Copper Iodine Iron Silicon Sulphur Zinc (DMG and Co-Q10 for circulation)	Asparagus Beans Lentils Broccoli Carrots Cauliflower Dandelion greens Lettuce Watercress Red & green peppers Sea vegetables Spinach Sweet potatoes Tomatoes	Alfalfa Almonds Brown rice Flaxseed Millet Mushrooms Nuts Oats Rye flour Sesame seeds Soy products Sunflower seeds Wheat Wheat germ	Apples Bananas Cranberries Dates Grapefruit Grapes Gooseberries Oranges Prunes Raisins	Alfalfa Cayennepepper Dandelion Ginkgo biloba* Horsetail* Kelp Nettle* Oatstraw Primrose oil Sage
Heart	A (beta-carotene) B-complex B-1 B-12 Q E*	Calcium Chromium-GTF* Copper DMG	Artichoke Avocado Asparagus Broccoli Cabbage, Carrots	Almonds Barley Brown rice Buckwheat Flaxseed, Millet	Apples Apricots Bananas Black cherries Blueberries	Garlic* Black cohosh Cayenne pepper* Ginkgo biloba Gotu kola

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<p>Heart, continued</p>	<p>Co-Q10* Bioflavonoids Choline Folic acid Niacin* L-Carnitine* Essential fatty acids*</p>	<p>Germanium Iodine Manganese* Magnesium* Nitrogen Phosphorus Potassium* Silicon Zinc</p>	<p>Cauliflower Eggplant, Kale Kelp, Lettuce Onions, Parsnips Peas, Potato skins/ broth Spinach Sweet potatoes Yams, Tomatoes Watercress Yellow squash</p>	<p>Molasses, Oats Oat bran Olive oil Psyllium seed Rice bran, Rye Sesame seeds Soybean Sunflower seeds Wheat germ</p>	<p>Dates Figs Kiwi Papaya Peaches Red grapes (lowers cholesterol)</p>	<p>Hawthorn berries Horsetail Linden flowers Shiitake, Yarrow Avoid: Ginseng Cola nut Ma huang Guarana Green Tea</p>
<p>Intestines</p>	<p>Bioflavonoids B-complex B-1 B-2 B-6 B-12 c D E, F, K Choline Inositol L-Cysteine L-Glutathione Niacin PABA Pantothenic acid</p>	<p>Calcium Chlorine Iron Magnesium Phosphorus Potassium Sodium Sulphur</p>	<p>Beans, Beets Cabbage Carrots Celery Chard Cucumbers Dandelion Kohlrabi Leafy vegetables Lentils, Lettuce Okra, Olives Onions Parsley Parsnips, Peas Spinach Tomatoes Turnips</p>	<p>Almonds Brown rice Flaxseed Millet Oat bran Rice Rice bran Soybeans Wheat germ</p>	<p>Cantaloupe Figs Gooseberries Grapefruit Papaya Peaches Pineapple Prunes Strawberries</p>	<p>Alfalfa Aloe vera Chamomile Fennel Fenugreek Garlic Golden seal Licorice root Pau D'Arco, Psyllium seed</p>
<p>Joints</p>	<p>B-complex, B-2 B-6, B-12 C, D, E, F Bioflavonoids Folic acid, Niacin Pantothenic acid L-Cysteine (amino acid) Glucosamine sulfate</p>	<p>Calcium Fluorine Iodine Iron Magnesium Phosphorus Potassium Silicon Sodium Sulphur</p>	<p>Beans, Beets Cabbage, Carrots Celery, Collards Cucumbers Dandelion Lentils, Lettuce Olives, Okra Onions, Parsnips Peas, Spinach Sea vegetables</p>	<p>Alfalfa Almonds Flaxseed Lentils Oats Pumpkin seeds Rice Rice bran Soybeans Wheat</p>	<p>Bananas Blueberries Coconut Figs Gooseberries Grapefruit Lemons Peaches Prunes Strawberries</p>	<p>Alfalfa Capsaicin Garlic Horsetail Kelp Nettle Primrose oil Yucca</p>

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	Chondroitin	Zinc	Turnips	Wheat bran /germ	Watermelon	
Kidneys	Beta-carotene A, B-complex B-2, B-6, C, E Choline (If you have kidney stones, avoid amino acid-L-Cystine and limit calcium intake.)	Calcium Chlorine Chromium-GTF Copper Iron Manganese Magnesium Potassium Zinc	Beans, Beets Cabbage, Carrot.. Celery, Cucumbers Dandelion, Kale Lentils, Lettuce Olives, Onions Parsley, Parsnips Peas Shiitake mushrooms Spinach, Turnips	Alfalfa Almonds Brown rice Oats Pumpkin seeds Rice bran Soybeans Wheat Wheat bran/germ	Bananas Blueberries Coconut Cranberries, Figs Gooseberries Grapefruit Lemons Peaches,Prunes Strawberries Watermelon	Burdock, Cornsilk Dandelion root Ginkgo biloba Juniper berries Parsley leaves and root Slippery elm Shiitake tea Uva ursi White oak bark
Liver	A, B-complex B-12 C, D, E, K Choline CO-Q10 Essential fatty acids Lecithin L-Methionine L-Cysteine L-Glutathione L-Carnitine Niacin Potassium	Chlorine Copper Iodine Iron Magnesium Potassium Sodium Sulphur	All green leafy vegetables* Artichoke leaf* Asparagus*, Beets* Brussels sprouts Cabbage, Carrots Celery, Cucumbers Dandelion, Endive Green beans Okra, Onions Potato skin Reishi mushrooms Radishes*, Spinach String beans Turnips, Watercress	Almonds Barley Brown rice Corn germ Lentils Oats Oat bran Peanuts Rice Soybeans Sunflower seeds Wheat bran/germ	Apples Blackberries Black cherries Figs Gooseberries Grapefruit Grapes Oranges Papaya Peaches Prunes Strawberries	Astragalus Barberry Black radish* Burdock root* Cascara sagrada Dandelion* Echinacea Fennugreek Garlic* Milk Thistle* (silymarin) Suma* Red Clover* Schizandra* Thyme, Yellowdock
Lungs Bronchia	A (beta-carotene) Bioflavonoids B-complex B-1, B-2 B-6, B-1 2	Calcium Copper Fluorine Germanium Iron	All green leafy vegetables Asparagus, Beets Cabbage Carrots, Celery	Almonds Barley Brown rice Corn germ Flaxseed	Apricots Bananas Blackberries Black cherries Blueberries	Coltsfoot Eucalyptus* Fenugreek* Garlic* Licorice root

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	C, D, E Choline Essential fatty acids Folic acid Inositol Niacin Co-Q10 Pantothenic acid L-Methionine	Magnesium Manganese Potassium Silicon Selenium	Cucumbers Dandelion, Endive Horseradish, Kale Okra, Onions Potato skins Spinach String beans Tomatoes Turnips Watercress	Lentils Millet Molasses Oats, Peanuts Sesame seeds Soybeans Sunflower seeds Wheat germ Whole grain cereals	Cantaloupe Coconut Cranberries, Figs Grapefruit Gooseberries Oranges Papaya Peaches Prunes Strawberries	Lungwort* Marshmallow Mullein Myrrh Nettle* Reishi Rosehips Sage Slippery elm*
Lymphatics	A (beta-carotene) B-complex C, E Bioflavonoids Co-Q10 Essential fatty acids	Chlorine Copper Potassium Sodium Selenium Zinc	Asparagus, Beets Cabbage, Carrots Celery, Cucumbers Dandelion Dried olives Horseradish Kohlrabi, Okra Onions, Potato skins, String beans Turnips	Almonds Brown rice Flaxseed Oats Oatmeal Pumpkin seeds Sunflower seeds Wheat Wheat germ	Bananas Black figs Blueberries Figs Gooseberries Peaches Prunes Strawberries Watermelon	Black radish Burdock root Dandelion Echinacea Garlic Milk Thistle Poke root Red clover Schizandra
Male Reproductive Organs	B-complex C, D, E Co-Q10 Essential fatty acids	Calcium Iodine Iron Phosphorus Potassium Silicon Zinc	Asparagus, Beets Cabbage Cauliflower Green & red peppers, Lettuce Okra, Onions, Parsnips. Radishes Spinach, Tomatoes	Almonds Barley Brown rice Millet Oats, Oatmeal Pumpkin seeds Wheat Wheat bran/germ	Apricots Black figs Cranberries Dates Gooseberries Prunes Strawberries	Cayenne Chickweed Chlorophyll Ginkgo biloba Ginseng Kelp Raspberry Saw palmetto
Mammary Glands/Breasts	A B-complex C, D, E Essential fatty acids	Calcium Chlorine, Iodine Magnesium Potassium Silicon Sodium, Zinc	Asparagus Beets, Broccoli Cabbage, Celery Leafy greens Lettuce, Okra Onions, Parsnips Radishes, Spinach Tomatoes	Alfalfa, Almonds Barley, Brown rice Oats, Oatmeal Millet, Soybeans (soy products) Sunflower seeds Wheat Wheat bran/germ	Apricots Black figs Cranberries Dates Gooseberries Prunes Strawberries	Black walnut Dong quai Ginkgo biloba Golden seal Horsetail, Kelp Marshmallow Saw palmetto

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Muscles	B-complex B-6, B-12 C, D, E, Biotin Choline Co-Q10 Essential fatty acids Inositol, Lecithin Pantothenic acid Protein	Calcium Chlorine Chromium picolinate Copper Free form amino acids Iron, Magnesium Potassium Silicon, Zinc	Alfalfa All leafy greens Asparagus, Beans Beets, Cabbage Lettuce, Lentils Onions, Parsnips Radishes Reishi mushrooms Spinach, Tomatoes	Almonds, Barley Brown rice Flaxseed, Millet Mushrooms Oats/ oatmeal Sesame seeds Soybeans Sunflower seeds Wheat Wheat bran/germ	Apricots Black figs Cranberries Dates Gooseberries Prunes Strawberries	Horsetail Juniper berries Korean ginseng Mexican yam Nettle, Rosemary Sarsaparilla St. John's wort Tansy, Valerian root --Apply witch hazel directly to sore muscles
Nails	A B-complex B-2, B-12 C, D Folic acid Hydrochloric acid Protein	Calcium Chlorine Iron Magnesium Silicon Zinc	Asparagus Beets Bok choy Cabbage Lettuce Onions Parsnips Radishes Sea vegetables Spinach Soybeans Tomatoes	Almonds Barley Brown rice Flaxseed Oats Sesame seeds Sunflower seeds Wheat bran/germ	Cherries Coconut Cranberries Dates, Figs Gooseberries Plums Prunes Strawberries	Alfalfa Eucalyptus Horsetail Kelp Mullein Nettle Peppermint
Pancreas	A (beta-carotene) B-complex B-1 B-12 C E L-Glutathione	Chlorine Chromium-GTF Copper Iron Magnesium Potassium Silicon Sodium Zinc	Asparagus Beets Bok choy Cabbage Celery root Green beans Kale Kohlrabi Okra Onions Parsnips Peas Radishes Spinach	Almonds Barley Flaxseed oil Oats Oatmeal Pumpkin seeds Sunflower seeds Wheat bran/germ	Apricots Bananas Black figs Cranberries Dates Gooseberries Papaya Pineapple Prunes Strawberries	Alfalfa Dandelion Ginseng Goldenrod Golden seal Horsetail Huckleberry Juniper berry Nettle Red clover

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Pancreas, continued			Sea vegetables Tomatoes Turnips Watercress			
Pituitary Pineal	A C B-complex E L-Glutathione L-Methionine (sulphur containing amino acids)	Copper Iodine Manganese Phosphorus Silicon Sulphur Zinc	Asparagus Beets, Cabbage Carrots Legumes Lettuce Onions Parsnips Radishes Sea vegetables Soybeans Sprouts Spinach Tomatoes Watercress	Barley Flaxseed Oat bran Millet Pumpkin seeds Walnuts Wheat bran 1 germ Whole grain cereals	Apples Apricots Blackberry Coconut Cranberries Dates Figs Gooseberries Grapefruit Pineapple Prunes Strawberries	Alfalfa Cayenne Garlic Ginseng Golden seal Kelp Licorice root Nettle Sage Spirulina
Prostate	B-complex B-6 B-12 C D E Essential fatty acids L-Cysteine	Calcium Copper Iron Magnesium Potassium Selenium Silicon Sulphur Zinc	Asparagus Beets Cabbage Lettuce Onions Parsnips Radishes Spinach Tomatoes	Barley Flaxseed Oats Pumpkin seeds Sunflower seeds Wheat bran/germ Whole grain cereals	Bananas Coconut Cranberries Dates Figs Gooseberries Kiwi Prunes Strawberries	Alfalfa Buchu Bee pollen Burdock root Golden seal Juniper berries Nettle Saw palmetto berries
Skin	A B-complex BA B-2 B-6 B-12 Bioflavonoids c D E K	Calcium Copper Magnesium Manganese Potassium Selenium Silica (Silicon) Sodium Sulphur Zinc	All leafy greens Avocados Beets Broccoli Carrots Celery Cucumbers, Kale Kidney beans Lentils Pumpkin Sea vegetables	Brown rice Leafy seed oil Millet Oat bran Pumpkin seeds Rice bran Soybeans Wheat germ	Apples Apricots Bananas Blueberries Cantaloupe Cherries, Figs Lemons, Papaya Peaches Prunes Red grapes	Alfalfa Aloe vera Burdock root Dandelion Garlic Horsetail Kelp, Nettle Primrose oil Raspberry leaves Yellow dock

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	PABA Pantothenic acid		Spinach, Squash Sweet Potatoes		Watermelon	
Spine	A (beta-carotene) B-complex c D E Essential fatty acids Lecithin	Calcium Copper Magnesium Manganese Molybdenum Selenium Silicon Sodium Sulphur Zinc	Asparagus, Beets Brussels sprouts Cabbage, Carrots Cauliflower Celery, Collards Cucumbers Dandelions Dried olives Kale, Legumes Lima beans, Okra Peas, Potato skins Soybeans, String beans, Turnips Yellow corn Watercress	Almonds Barley Brewer's yeast Brown rice Chestnuts Nuts Oatmeal Pignolia nuts Sunflower seeds Walnuts Wheat germ Whole grain cereals	Apricots Blackberries Black cherries Blueberries Coconut Cranberries Dates Figs Gooseberries Grapefruit Oranges Peaches Prunes Raisins	Alfalfa Boneset Dandelion Garlic Horsetail Nettle
Thymus	A B-complex c D E Essential fatty acids Lecithin	Calcium Fluorine Iron Magnesium Selenium Silicon Zinc	All leafy greens Beets Brussels sprouts Cabbage, Carrots Cauliflower Lettuce, Onions Parsnips Potato peelings Spinach Tomatoes	Barley Brown rice Cereals Corn germ Millet Oats Wheat bran 1 germ Wheat grass Whole wheat	Apricots Blackberries Black cherries Cranberries Figs Gooseberries Prunes Strawberries	Angustifolia Echinacea Ginseng Golden seal Licorice Nettle Pokeweed Horsetail Purpurea St. John's wort
Thyroid	A B-complex Choline E (avoid over 400 X of vitamin E) Essential fatty acids Inositol L-Cysteine	Calcium Chlorine Iodine Iron Magnesium Potassium Sodium Sulphur Zinc	Asparagus, Beets Brussels sprouts Cabbage, Carrots Cauliflower Celery Cucumbers Dandelions Okra, Onions Parsley Potato skins Sea vegetables	Almonds Barley Chestnuts Molasses Nuts, Oatmeal Pignolia nuts Soybeans Sunflower seeds Walnuts Wheat germ Whole grain	Apricots Blackberries Black cherries Blueberries Coconut Cranberries Dates Figs Gooseberries Grapefruit Oranges	Alfalfa Burdock root Dandelion Dulse Garlic Ginseng Golden seal Horsetail Kelp Sage

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			Turnips Yellow corn	cereals Yeast	Peaches Prunes	
Uterus	B-complex B-12 c E F Essential fatty acids	Calcium Iron Magnesium Silicon Zinc	All leafy greens Beans Beets Brussels sprouts Cabbage Carrots Cauliflower Lettuce Onions Parsnips Potato peelings Sea vegetables Soybeans Spinach, Sprouts Tomatoes Watercress	Barley Flaxseed Oats Pumpkin seeds Sunflower seeds Wheat bran germ Whole grain cereals	Apricots Blackberries Black cherries Cranberries Figs Gooseberries Prunes Red raspberries Strawberries	Alfalfa Bayberry Black and Blue cohosh Dong quai False unicorn Golden seal Horsetail (unless pregnant) Kelp Licorice root Primrose oil Sage Squaw vine
Veins and Arteries Veins, Arteries, continued	A, B-complex B-1, B-2, B-6 B-12, C D, E, F, K Bioflavonoids Essential fatty acids Folic acid Inositol, Niacin PABA Rutin	Copper Iodine Iron Magnesium Manganese Phosphorus Potassium Silicon Sulphur Zinc	All green leafy vegetables Asparagus, Beets Cabbage, Carrots Celery Cucumbers Dandelion Dried olives Endive, Legumes Lettuce Mushroom, Okra Onions, Parsnips Potato peelings Spinach Turnips Watercress	Almonds Barley Brewer's yeast Buckwheat Chestnuts Flaxseed Molasses Oatmeal Pignolia nuts Pumpkin seeds Soybeans Sunflower seeds Walnuts Wheat germ	Apricots Blackberries Black cherries Blueberries Cranberries Dates Figs Gooseberries Grapefruit Oranges Peaches Prunes	Alfalfa Buckwheat Butcher's broom Cayenne Green tea Hawthorn berries Kelp Nettle Oat straw Tansy White oak bark Yarrow