

Foods that Heal

Wild Blueberries

Celery

Sprouts

Asparagus

Spinach

Cilantro

Parsley

Coconut Oil

Garlic

Ginger

Raspberries

Lettuce

Papayas

Apricots

Pomegranates

Grapefruit

Kale

Sweet Potatoes

Cucumbers

Fennel

Cranberries

Hemp Seeds

Brazil Nuts

~ The above foods are listed in order of importance for healing.

~ Try to eat at least 3 on list per day. (Good option - put in smoothie)

~ Try to eat every item at least once every 2 weeks.

~ The “Highlighted” foods are particularly good for Thyroid Health.

As always, be mindful of what your individual body does well with.

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