

Healing Foods

Digestive Health

Avocado
Bananas
Mangoes
Melons
Papayas
Celery
Potatoes
Sweet Potatoes
Cilantro
Garlic
Aloe Vera

Respiratory Health

Cranberries
Lemon & Limes
Onions
Radishes
Garlic
Coconut
Turmeric
Chaga
Mushrooms

To Support Immune System

Apples
Avocados
Bananas
Cranberries
Oranges & Tangerines
Papayas
Pears
Pomegranates
Cruciferous Vegetables
Potatoes
Sweet Potato
Aromatic Beets
Artichokes
Asparagus
Cucumber
Leafy greens
Onions
Sprouts & Microgreens

Licorice Root
Oregano
Rosemary
Sage
Thyme
Chaga
Mushroom
Cats Claw
Cilantro
Garlic
Ginger
Lemon Balm
Parsley
Turmeric
Aloe Vera
Coconut
Nettle Leaf
Red Clover

Avoid

Dairy
Eggs
Corn
Wheat
Canola Oil

Emotional Support

Aloe Vera

Apples

Apricots

Aromatic herbs

Artichokes

Asparagus

Atlantic sea
vegetables

Avocadoes

Bananas

Berries

Burdock Root

Cat's Claw

Celery

Chaga Mushrooms

Cherries

Cilantro

Coconut

Ginger

Grapes

Raw Honey

Kiwis

Leafy Greens

Cranberries

Cruciferous

Vegetables

Cucumber

Dandelions

Dates

Figs

Garlic

Ginger

Lemon Balm

Lemon and Limes

Licorice Root

Mangoes

Melon

Nettle Leaf

Onions

Oranges and

Tangerines

Papayas

Parsley

Pears

Pomegranates

Potatoes

Radishes

Raspberry

Red Clover

Rose Hip

Sprouts and
Microgreens

Sweet Potatoes

Turmeric

Wild Blueberries

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