

# Top 50 Life Changing Foods To Heal the Body

## Fruits

Apples  
Apricots  
Avocadoes  
Bananas  
Cherries  
Cranberries  
Dates  
Figs  
Grapes  
Kiwis  
Lemons & Limes  
Mangoes  
Melons  
Oranges & Tangerines  
Papayas  
Pears  
Pomegranates  
Wild Blueberries

## Herbs and Spices

Aromatic Herbs  
Cat's Claw  
Cilantro  
Garlic  
Ginger  
Lemon Balm  
Licorice Root  
Parsley  
Raspberry leaf  
Turmeric

## Vegetables

Artichokes  
Asparagus  
Celery  
Cruciferous Vegetables - broccoli, cabbage, kale, collard greens, cauliflower, brussel sprouts, arugula, mustard greens  
Cucumbers  
Leafy Greens  
Onions  
Potatoes  
Radishes  
Sprouts & Microgreens  
Sweet Potatoes

## Wild Foods

Aloe Vera  
Atlantic Sea Vegetables (Atlantic Seaweed)  
Burdock Root  
Chaga Mushrooms  
Coconut  
Dandelion  
Nettle Leaf  
Raw Honey  
Red Clover  
Wild Blueberries