



## Foods to heal your body faster

You are what you eat! Enjoy a variety of these foods everyday to help your body get rid of toxins, rebuild and form healthy cells, increase immunity, decrease inflammation & rebalance your health. As well as enhancing the treatment options Dr. Hayduk already discussed with you.

### Foods for the liver:

#### **Apple**

Artichoke

#### **Beet & Beet leaves**

Carrot juice

#### **Carrots**

#### **Cauliflower**

#### **Cherry**

Collard

#### **Cranberry**

Dandelion greens

Endive

Garlic

#### **Grapefruit**

Grape juice

#### **Grape**

#### **Lemon**

Olive oil

#### **Orange**

Pepper Green & Red

#### **Plum**

Pomegranate

Sesame seeds

#### **Spinach**

#### **Strawberry**

Quince

#### **Radish**

Raspberries

Tangerines

#### **Tomato**

#### **Turnip & greens**

Walnuts

Watercress

### Foods that are cooling/reduce heat:

Alfalfa sprouts

Amaranth

#### **Apple**

Asparagus

Banana

Barley

Bok choy

Broccoli

Cantaloupe

Cauliflower

Celery

Cilantro

#### **Citrus fruits**

Clam

Corn

Crab

Cucumber

Dandelion greens

Eggplant

#### **Kelp**

Kudzu

Lettuce

Marjoram

Millet

#### **Mung beans & sprouts**

Napa cabbage

Pear

Peppermint

Persimmon

#### **Radish**

#### **Seaweed**

Soy milk

#### **Spinach**

#### **Spirulina**

Summer squash

Swiss chard

Tempeh

Tofu

#### **Tomato**

Watermelon

White pepper

Yogurt

Zucchini

*Remember to  
choose organic &  
locally grown  
produce,  
whenever  
possible.*

### Foods to build/tonify yin (rebalance & harmonizing):

banana

**beet**

**cherry**

miso

string beans

millet

amaranth

**spirulina**

**grape**

quinoa

**seaweed**

black beans

barley

chicken

lobster

turkey

eggs

rice, white

shrimp

**lemon**

**Foods in bold are super  
foods, so eat lots of these!**