

## LIFE CHANGING FOODS

Aloe Vera

Apples

Apricots

Artichokes

Asparagus

Atlantic Sea Vegetables

Avocados

Bananas

Berries

Broccoli

Brussels Sprouts

Burdock Roots

Cauliflower

Celery

Chaga Mushroom

Cherries

Cilantro

Coconut

Collard Greens

Cranberries

Cucumbers

Dandelion

Dates

Figs

Garlic

Ginger

Grapes  
Green Cabbage  
Kale  
Kiwis  
Leafy Greens  
Lemon Balm  
Lemons and Limes  
Licorice Root  
Mangoes  
Melons  
Nettle Leaf  
Onions  
Oranges and Tangerines  
Oregano  
Papayas  
Parsley  
Pears  
Pomegranates  
Potatoes  
Radishes  
Raspberry Leaf  
Raw Honey  
Red Cabbage  
Red Clover  
Rose Hips  
Rosemary  
Sage  
Sprouts and Microgreens

Sweet Potatoes

Thyme

Turmeric

Wild Blueberries

Yellow Coconut Curry