

THERAPEUTIC FOODS: MINERALS

Food	Action/Constituents
Almonds	Contain high levels of magnesium.
Cashews	Contain high levels of magnesium.
Brown Rice	Contain high levels of magnesium.
Celery	High in silica, helps renew joints, bones, arteries, and all connective tissues.
Sea Vegetables	Iodine – necessary for the production of thyroid hormones
Brazil Nuts	Selenium – necessary for conversion of T3 to T4 (thyroid hormones)
Underground Vegetables (potato, beets, carrots)	Silica - important for collagen formation and for connective tissue's elasticity and resilience. It also regulates calcium placement in bone and tissue.
Avocado	Potassium (680 milligrams per serving) – helps regulate water balance and distribution; kidney and adrenal function; muscle and nerve function; heart function.
Kelp	High in calcium, magnesium, iodine
Cheddar Cheese	High in calcium
Collards	High in calcium
Kale	High in calcium, molybdenum
Turnip Greens	High in calcium
Almonds	High in calcium, phosphorus, magnesium, manganese, high in zinc
Sesame Seeds	High in calcium
Yogurt	High in calcium, phosphorus
Apricots	High in calcium, potassium
Brewer's Yeast	High in calcium, magnesium, chromium, molybdenum
Parsley	High in calcium, vanadium
Dandelion Greens	High in calcium
Brazil Nuts	High in calcium, magnesium, manganese, selenium

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Salmon	High in phosphorus, potassium, sodium
Lentils	High in phosphorus, sulfur, iron, molybdenum
Halibut	High in phosphorus
Beef	High in phosphorus, iron
Turkey	High in phosphorus
Chicken	High in phosphorus, potassium
Cashews	High in magnesium
Molasses	High in magnesium, iron
Asparagus	High in potassium
Avocado	High in potassium
Carrot	High in potassium
Lima Beans	High in potassium
Potato	High in potassium, chromium, iron
Tomato	High in potassium
Banana	High in potassium
Peach	High in potassium
Cauliflower	High in molybdenum
Garlic	High in sulfur, molybdenum
Oysters	High in zinc
Pumpkin Seeds	High in zinc
Pecans	High in zinc