BRAIN
Avocado | Blueberries | Walnuts | Dark Chocolate
EYES
Fish | Nuts | Seeds | Citrus Fruits
TEETH
Cheese | Milk | Leafy Greens
LUNGS
Water | Fish | Apples | Apricots
HEART
Berries | Almonds | Garlic | Red Wine
STOMACH
Yogurt | Apples | Fennel | Chia Seeds
LIVER
Coffee | Tea | Grapefruit | Blueberries
KIDNEYS
Cranberry | Cabbage | Banana | Kale
BLADDER
Potatoes | Nuts | Squash
BOWELS
Prunes | Pears | Pasta
SKIN
Salmon | Watermelon | Tomatoes | Avocado
BONES
Eggs | Sardines | Milk
Beebe Healthcare