

Body Code Healing System

Foods

	Column A	Column B	Column C	Column D
Row 1	Beef Liver Veal Chicken Duck	Cauliflower Celery Cilantro Collards Cucumber	Jicama Lentils Lima Beans Other Beans Parsnips	orange Papaya Peach Pear Persian Melon
Row 2	Eggs Fish Shellfish Goose Lamb	Dandelion Greens Endive Eggplant Garlic Green Beans	Peas Potato Sweet Potato Turnip Winter Squash	Persimmon Pineapple Plum Pomegranate Raspberry
Row 3	Nuts Seeds Tofu Turkey Cheese	Jerusalem Artichoke Kale Leek Bibb Lettuce	Acorn Butternut Hubbard Spaghetti Other	Strawberry Tangerine Watermelon Amaranth Barley
Row 4	Cottage Cheese Cream Cream Cheese Kefir Milk	Butter Lettuce Iceberg Lettuce Red Leaf Lettuce Romaine Lettuce	Yam Apple Apricot Banana Blackberry	Bran Flakes Buckwheat corn Millet Oat-bran
Row 5	Yogurt Corn Rice Bread Rice Cakes Rye	Mung Bean Sprouts Mushrooms Mustard Greens Mustard Spinach Radish	Blueberry Boysenberry Cactus Fruit Cantaloupe Melon Casaba Melon	Oatmeal Quinoa Rice Rye SOY
Row 6	Sour Dough Wheat Other Breads Pasta	Okra Onions Parsley Scallions	Cherimoya Cherry Cranberry Crenshaw Melon	Wheat Other Butter Mayonnaise
Row 7	Alfalfa Sprouts Other Sprouts Artichoke Asparagus Avocado	snow Peas Spinach Squash summer Yellow	Dried Fruit Elderberry Fig (fresh) Gooseberry Grapefruit	Nut Butters Oil
Row 8	Bamboo Shoots Beet Greens Bell Peppers Bok Choi Broccoli	Zucchini Swiss Chard Tomato Turnip Greens Watercress	Grapes Guava Honeydew Kiwi Kumquat	
Row 9	Brussel Sprouts Cabbage Napa Red Savoy	Vegetable Starch Beets Carrots Corn Garbanzo Beans	Lemon Lime Loganberry Mango Nectarine	