

Foods to build Kidney Essence

Lentils, lentils, lentils!!!

Mussels

Salmon

Trout

Milk

Clarified butter

Omega III fish oils

Chicken

Chicken livers

Royal jelly

Bee pollen

Millet

Wheat

Black sesame seeds

Vitamin B-12

Vitamin A

Micro-algae

Wheat grass

Black soybeans

Almonds

Chestnuts

Walnuts

Mulberries

Raspberries

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