

Foods that build blood

Wild rice

Barley

Mussels

Oysters

Marshmallow root

Aloe Vera gel

Mung bean sprouts

Water chestnuts

Black sesame seeds

Chia seeds

Turnips

Watercress

Beef liver

ACUPUNCTURE WELLNESS LLC

260 Lookout Place Suite 209

Maitland, FL 32751

407-300-5542

acuwellness4health.com