

Dr. Crowley's **Pharmacy**

Foods that Lower Cholesterol

Wild Salmon	Brussel Sprouts
Oranges	Almonds
Hazelnuts	Pistachios
Dark Chocolate	Green Tea
Kidney Beans	Berries
Sweet Potatoes	Brown Rice
Olive Oil	Avocados
Spinach	Red Wine
Soy	Oatmeal
Olives	Apples

Foods that Lower Blood Pressure

Blueberries	Bananas
Kale	Olive Oil
Oatmeal	White beans
Pistachios	Garlic
Yogurt	Beets
Dark Chocolate	Apple Cider Vinegar
Kiwi	Spinach
Broccoli	Brown Rice
Tomatoes	Watermelon
Kimchi	Pomegranates
Cinnamon	Albacore Tuna

Foods that Lower Blood Sugar

Broccoli	Salmon
Pumpkin/seeds	Peanuts
Almonds	Okra
Flaxseed	Beans & Lentils
Kimchi	Sauerkraut
Chia Seeds	Kale
Berries	Avocados
Oats	Oat Bran
Oranges	Grapefruit
Yogurt	Eggs
Apples	

Foods that Lower Inflammation

Berries	Salmon
Broccoli	Avocados
Green Tea	Bell Peppers
Portobello and Shiitake Mushrooms	
Grapes	Turmeric
Cherries	Extra Virgin Olive Oil
Dark Chocolate	Tomatoes
Carrots	Kale
Spinach	Swiss Chard
Almonds	Oranges
Sweet Potatoes	Walnuts
Black, pinto and kidney beans	

"Let food be thy medicine and medicine be thy food" Hippocrates