ORGAN NUTRITION REFERENCE GUIDE

A NutraRays™ Educational Resource

This guide highlights nutrients traditionally associated with supporting the normal structure and function of various organs and systems of the body. It is designed to encourage awareness and understanding—not to provide medical advice, treatment recommendations, or individualized guidance. The information presented here is for educational purposes only and does not replace consultation with a qualified healthcare professional.

1. The Skin

The skin is the body's largest organ, acting as a protective barrier while helping regulate temperature.

- **Vitamin C** — Essential for collagen production, which supports skin structure and healing.
  Found in citrus fruits, strawberries, and bell peppers.
- **Vitamin E** — A powerful antioxidant that helps protect the skin from oxidative damage.
  Found in nuts, seeds, and spinach.
- **Omega-3 Fatty Acids** — Help maintain skin moisture and support healthy skin function.
  Found in fatty fish (salmon, mackerel), walnuts, and flaxseeds.
- **Zinc** — Supports skin cell production and wound healing.
  Found in meat, shellfish, legumes, and seeds.

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2. The Brain

The brain controls memory, emotions, and movement—serving as the body's command center.

- **Omega-3 Fatty Acids** — Key for brain structure and function.
  Found in fatty fish, flaxseeds, and walnuts.
- **B Vitamins (B6, B12, Folate)** — Help support neurotransmitter function and overall brain health.
  Found in whole grains, leafy greens, eggs, and dairy.
- **Vitamin D** — Supports cognitive function.
  Found in sunlight, fortified dairy, and fatty fish.
- **Antioxidants** — Such as Vitamin E and flavonoids (from fruits like berries), which help protect against oxidative stress.
  Found in berries and other colorful plant foods.

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3. The Lungs

The lungs bring oxygen in and push carbon dioxide out—fueling every organ and cell.

- **Vitamin C** — Protects lung tissue and supports immune function.
  Found in citrus fruits, broccoli, and peppers.
- **Vitamin E** — Supports lung tissue health and helps protect from free radicals.
  Found in nuts, seeds, and spinach.
- **Magnesium** — Helps support normal airway relaxation.
  Found in leafy greens, nuts, seeds, and whole grains.
- **Omega-3 Fatty Acids** — Anti-inflammatory support for lung tissue.
  Found in fatty fish, flaxseeds, and walnuts.

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4. The Heart

The heart is the body's pump, circulating oxygen-rich blood and nutrients to every cell.

- **Omega-3 Fatty Acids** — Reduce inflammation and support heart health.
  Found in fatty fish, walnuts, and flaxseeds.
- **Coenzyme Q10** — Supports energy production in heart cells.
  Found in fatty fish, organ meats, and spinach.

- **Magnesium** — Supports normal heart rhythm.
  Found in leafy greens, nuts, seeds, and whole grains.
- **Potassium** — Helps regulate heart rhythm and supports blood pressure balance.
  Found in bananas, potatoes, and leafy greens.

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5. The Stomach

The stomach breaks down food with acids and enzymes, initiates digestion, and prepares nutrients for absorption.

- **Probiotics** — Help maintain a healthy gut flora.
  Found in yogurt, kefir, sauerkraut, and kimchi.
- **Fiber** — Supports digestion and regular bowel movements.
  Found in fruits, vegetables, and whole grains.
- **Ginger** — Traditionally used to support digestive comfort and digestion.
- **Zinc** — Important for immune function and tissue repair.
  Found in shellfish, legumes, and seeds.

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6. The Liver

The liver supports nutrient processing and helps the body filter and process substances.

- **Vitamin A** — Supports liver function.
  Found in liver, carrots, and sweet potatoes.
- **Vitamin C** — Assists detoxification pathways.
  Found in citrus fruits, peppers, and broccoli.
- **Milk Thistle** — Contains silymarin, traditionally associated with liver support.
- **B Vitamins** — Support detoxification processes and energy metabolism.
  Found in whole grains, legumes, and leafy greens.

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7. The Kidneys

The kidneys filter blood, remove waste, and help balance fluids and electrolytes.

- **Vitamin B6** — Supports kidney function.
  Found in poultry, fish, potatoes, and bananas.
- **Vitamin D** — Helps regulate calcium balance, which is important for kidney health.
  Found in fortified foods, and fatty fish.
- **Magnesium** — Supports normal kidney function.
  Found in leafy greens, nuts, seeds, and whole grains.
- **Potassium** — Supports electrolyte balance.
  Found in bananas, sweet potatoes, and leafy greens.

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8. The Spleen

The spleen filters blood, helps recycle red blood cells, and supports immune function.

- **Vitamin C** — Supports immune function.
  Found in citrus fruits, berries, and peppers.
- **Iron** — Supports red blood cell production.
  Found in red meat, lentils, and spinach.
- **Vitamin B12** — Supports red blood cell production.
  Found in meat, dairy, and fortified cereals.
- **Zinc** — Supports immune cell development and normal spleen function.
  Found in shellfish, legumes, seeds, and whole grains.

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9. The Pancreas

The pancreas helps regulate blood sugar and produces digestive enzymes.

- **Chromium** — Helps support healthy blood sugar metabolism.
  Found in broccoli, whole grains, and meats.
- **Magnesium** — Supports insulin function.
  Found in leafy greens, nuts, and seeds.
- **Vitamin D** — Supports insulin regulation and overall pancreatic health.
  Found in fatty fish and fortified dairy.

- **Omega-3 Fatty Acids** — Support inflammatory balance and metabolic health.
  Found in fatty fish, flaxseeds, and walnuts.

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10. The Small Intestine

The small intestine absorbs most nutrients and supports ongoing digestion.

- **Probiotics** — Help maintain gut health and digestion.
  Found in yogurt, kefir, fermented foods.
- **Fiber** — Supports digestion and gut motility.
  Found in fruits, vegetables, and whole grains.
- **Vitamin D** — Helps with the absorption of calcium and phosphorus.
  Found in fatty fish and fortified dairy.
- **Zinc** — Supports immune function and intestinal health.
  Found in shellfish, seeds, and legumes.

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11. The Large Intestine

The large intestine reabsorbs water, forms stool, and supports the microbiome.

- **Fiber** — Crucial for healthy bowel movements and gut flora.
  Found in fruits, vegetables, and whole grains.
- **Probiotics** — Help maintain a healthy balance of gut bacteria.
  Found in yogurt, kefir, sauerkraut, and kimchi.
- **Magnesium** — Supports colon health and digestion.
  Found in leafy greens, nuts, and seeds.
- **Vitamin K** — Supports normal blood clotting and is produced in part by healthy gut bacteria.
  Found in leafy greens such as kale and spinach.

General Note

Each organ and system depends on a combination of vitamins, minerals, and nutrients to support normal structure and function. The foods listed above can help support overall wellness when included as part of a balanced, whole-food lifestyle.

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