



Dr. J. Ben Hengy & Dr. Andrew Mendians

**FOODS THAT CONTAIN
ASPIRIN PROPERTIES or
OMEGA 3 FATS:**

Avocados
Apples
Apricots
Blackberries
Boysenberries
Cherries
Currants
Cucumbers
Dewberries
Fish - (All Types)
Garlic
Gooseberries
Grapefruit
Grapes
Lemons
Melons
Nectarines
Oranges
Onion
Peaches
Peppers - (Green/Bell)
Plums
Potatoes
Prunes
Raisins
Raspberries
Root Beer
Spicy Foods
Shellfish - (All Types)
Strawberries
Sunflower seeds
Soybeans
Sweet Potatoes
Tomatoes

**HERBS THAT CONTAIN ASPIRIN
PROPERTIES INCREASE
BLOOD PRESSURE or
MOA INHIBITORS:**

Cayenne (Red Pepper)
Feverfew Garlic
Ginko
Ginger
Ginseng
Guarana
Kava Kava
Meadowsweet
St John's Wort
Turmeric
Vervain
White Willow

**Other Products that increase
Bleeding Times:**

Fish Oil
Garlic Supplements
Niacin
Vitamin E (greater than 200 IU)
Wheat Germ Oil

Diet Suggestions:

Grilled/Broiled chicken
Steak/Hamburger
Pasta with Butter/Olive Oil
Chef Salad
Omelet/Toast
Rice
Peas/Corn/Carrots
Broccoli/Cauliflower
Cereal
Meat/Cheese Sandwich

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