

THINK OF NUTRITION ENERGETICALLY: add another dimension to healthy eating

BALANCE THE FOODS YOU EAT DAILY OR WEEKLY BY COLOR OR ELEMENT

- Eat equal amounts of the colors or elements to maintain balance
- If you are depleted in the vibration of a color or element, eat more foods of that color
- If you have excess, too much, of the vibration of a color or element, eat less foods of that color or eat the color of its complement

By Color:

OR

By Element:

Ayurvedic / East Indian Chinese 5 Elements

Red foods:

strawberries, red sweet & chili peppers, apples, tomatoes, cranberries, watermelon, raspberries, rhubarb, red wine, salsa, ketchup, tomato sauce, dragon fruit, red corn, lobster roe, radish, red plums, cherries, red potatoes, red grapes, red beans & lentils, red fish, raw tuna & meat, red leaf lettuce

Orange foods:

oranges, peaches, carrots, sweet potato, yams, cantaloupe, Crenshaw melons, mangos, cheddar cheese, salmon & salmon roe, orange peppers, nasturtiums

Yellow foods:

lemons, squash, yellow peppers, corn, grapefruit, bananas, tofu, eggs, pears, yellow plums, star fruit, pineapple, yellow tomatoes, apricots, pasta, wheat, bread, butter, Yukon gold potatoes, yellow grapes, yellow raisins, cheeses, mustard, white wine, mushrooms

Green foods:

lettuce, cucumber, green peppers, beans, kiwi, avocado, green apples, green herbs, lime, snow peas, snap peas, English peas, spinach, grapes, broccoli, Brussels sprouts, honeydew, wasabi, escarole, broccoli rabe, arugala

Blue foods:

blueberries, blue potatoes, blue corn

Indigo foods:

grapes, blackberries, boysenberries, eggplant

Purple foods:

eggplant, red cabbage, figs, plums, damsons, grapes, aubergines, purple broccoli, purple onions, purple sage, red wine, grape juice, raisins, purple

Earth:

Sweet

Foods that grow underground &/or are sweet -
Carrots, Potatoes, Parsnip,
Honey, Sweet Fruits

Earth:

Sweet

Foods that are sweet
Honey, Sweet Fruits, Sugar

Water:

Salty

Foods that grow on the surface &/or are salty -
Squash, Watery Fruits,
Greens, Lettuces,
Tomatoes, Melons, Beans

Water:

Salty

Foods that are watery & salty
Squash, Watery Fruits,
Greens, Lettuces,
Tomatoes, Melons, Salt

Fire:

Bitter

Foods that grow 3 – 10 feet above ground &/ or are hot foods -
Grains, Spices, Cayenne,
Peppers, Ginger, Garlic,
Onions

Fire:

Bitter

Foods that are bitter
Grains, bitter herbs, bitter greens

Air :

Sour

Foods that grow high up and/or are sour -
Acid fruits, Nuts, Seeds,
Dairy Products

Metal :

Spicy

Foods that are hot
Spices, Cayenne, Peppers,
Ginger, Garlic, Onions,
Pepper

Ether:

None - Meditation

Wood:

Sour

Foods that are sour
Acid fruits, dairy products

Color is Vibration: Colors are the visible part of what is known as the electromagnetic spectrum

The Foods of Secondary colors (purple, green, orange) include the vibrational energy of their primary colors

COLORS, THEIR COMPLEMENTS & THEIR USES

COLOR	COMPLEMENT	KEY WORK USES OF COLOR	WAYS TO USE COLOR
RED (Red)	Green or Turquoise	stimulate, energize, for vitality, power, courage, strength, control, overcome fear, instill self confidence; Don't use when angry	Sun: our most important source of energy – all visible light colors; walk in sunlight or use full spectrum bulbs
PINK (Pink)	Pale Green	protection, to feel safe & openhearted	Food: all food contains energetic vibration of the color of the food source; eat by food colors
ORANGE (Orange)	Blue	for emotional or physical trauma, to feel joyful, happy, optimistic, creative, lifts depression & fatigue; don't use when feeling insecure & dependent	Clothing: what we wear influences our mood & sends messages; clothing, especially of natural dyes, contains the vibration of its color, including accessories, such as scarves, jewelry & colored sunglasses; light penetrates clothing; what colors are you drawn to? wear colors you need
YELLOW (Yellow)	Violet	self empowerment , self control; mental stimulation & concentration, overcome nervousness and boredom, objectivity, soothes the digestive system; don't use when suffering from nervous strain or unable to sleep, or feeling afraid	Room Art and Décor: color in your environment can stimulate, enhance or calm you and colleagues; use color to achieve desired effects, such as art work, carpets, plants, flowers, wall paint
GREEN (Green)	Red or Magenta	Balance, growth, new beginnings, stability, moderation, soothe nerves, to overcome grief, master healer color; don't wear if feeling inexperienced	Visualization, Meditation, Breathing and Imaging Exercises: thoughts are forms of energy; by visualizing a color, you can enhance its effect; use color breath techniques for stress release, calming, mental clarity or energy
TURQUOISE (Turquoise)	Red or Coral	mass communication, release inhibitions; don't use when feeling rejected	Sound / Music: music or other forms of sound are vibration, like color, vibrating at specific frequencies; play music or sounds
BLUE (Blue)	Orange	calm, serenity & comfort, relaxation, better communication, headaches, stress, anxiety; too much can feel depressed; on back of knees to adjust body clock for jet lag & shift work	Solarized Water: fill a colored glass or bottle with water and allow energy of its color to infuse water; place glass in sun or behind colored glass, to energize; drink it
INDIGO / ROYAL BLUE (Indigo)	Gold	opening your intuition, visionary, big picture ideas; don't use when feeling fearful, intolerant, and only seeing the dark side of things (powerful color – use sparingly)	Sitting under Colored Light: colored glass windows will impart vibration of that color onto you; hang colored glass art or decoration on your windows
VIOLET / PURPLE (Purple)	Yellow	be noticed, nonconformist, self-respect, dignity, don't use when depressed or have a desire to withdraw from life, or when completely out of balance, too much makes you lazy; spirituality	Color Bathing: water conducts energy; add natural color dyes to your bath water to absorb frequency of that color
MAGENTA (Magenta)	Olive or Green	release, letting go of feelings, ideas & thoughts no longer right/needed	Aromatherapy: add essential oils to environment, on yourself or in bath; vibration of plant, herb or flower contains vibration of its natural color
BLACK	Absence of color – White	protection, needing focus and boundaries, linear thinking; don't use when in deep depression, blaming others or feeling hatred for another, or aloof	<p><u>Supplemental Colors</u></p> <p>GOLD: Wisdom, enlightenment – use for affirming wisdom, vitality</p> <p>OLIVE: Feminine leadership, balance of male/female leadership</p> <p>CORAL: grace, sharing</p>
BROWN	N/A - tertiary	grounding, safety, humility; don't use if feeling humiliated	
CLEAR / WHITE	All colors - Black	regeneration; start the day with a clean slate – start anew, for clearing deep levels of inner conflict, clarity of purpose; don't use when obsessed, completely thrown by unexpected events	

Note: can also often use complement color to balance issues of source color; secondary colors include primary;
tertiary colors include secondary & primary.