



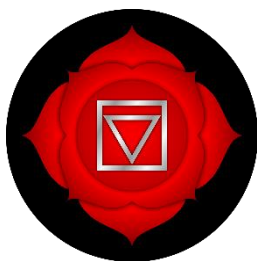
Eat the Rainbow!

Foods to Fuel your



Chakras

First Chakra Foods



This chakra is located at the base of your spine and acts as your foundation, your roots, your connection to the physical world. When your first chakra is imbalanced, you may not feel safe in your body or be stressed.

Since this chakra is all about grounding you to the earth, root vegetables are a good choice.

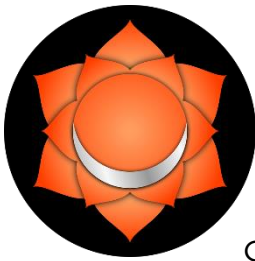


Beets, rutabagas, garlic, ginger, turnips, potatoes, and parsnips are just a few of the many options for root veggies. Try them roasted with salt and olive oil for an easy grounding meal that is also delicious!

Red food like apples or pomegranates corresponds with the color of this chakra and can help to recharge your roots.



Second Chakra Foods



Just below your navel sits your second chakra, which governs sexuality and emotions.

The second chakra's element is water, so pure water is the best thing you can ingest to clear and heal this chakra.

Liquids in general are a good bet, especially transparent liquids like teas and broths, so be sure to keep hydrated if your second chakra is imbalanced.



The color of this chakra is orange, so orange foods, especially carrots, oranges, and orange juice, can be healing.

Luscious, juicy fruits can also help to charge this chakra, so have some melon, mango, or strawberries for a sacral chakra boost.

Third Chakra Foods



The third chakra transforms raw fiery energy into action and is your source of self-esteem.

Sunny yellow foods really help to clear and balance this chakra, especially yellow peppers, but you can also try corn, yellow lentils, yellow curry, and bananas.

Since this chakra converts energy, it needs foods that are not absorbed too quickly, so avoid sugar, white flour, and processed foods, if your third chakra is off-kilter. What you want instead is complex carbohydrates and whole grains that burn more slowly and keep you energized longer.



Fourth Chakra Foods



Your fourth chakra is located at your heart and rules love and relationships.

Its color is green, so green vegetables, especially leafy and cruciferous ones like kale, lettuces, spinach, chard, bok choy, collard greens, broccoli, etc., really ramp up the energy of this chakra and help to heal it.



The fourth chakra is also about balance, and green veggies are neither yin nor yang in Chinese medicine, so they maintain the equilibrium that is essential to the health of this chakra.

Try adding kale or spinach to your morning smoothie, or include a small salad with every meal. “Eat your greens” is good advice!

Fifth Chakra Foods



The fifth chakra is located in the center of your throat, and is the home of your voice, the center of your communication, and the keeper of your authenticity.

Speaking and living your truth is healing for this chakra, as are blue foods, particularly blueberries, which encourage expression.



Fruits work to balance this chakra, especially fruit that grows on trees like apples, pears, peaches, apricots, and plums, as they are said to be true to themselves, falling off the tree when they are ripe and ready and requiring little to no work in order to be enjoyed.

Sixth and Seventh Chakra Foods



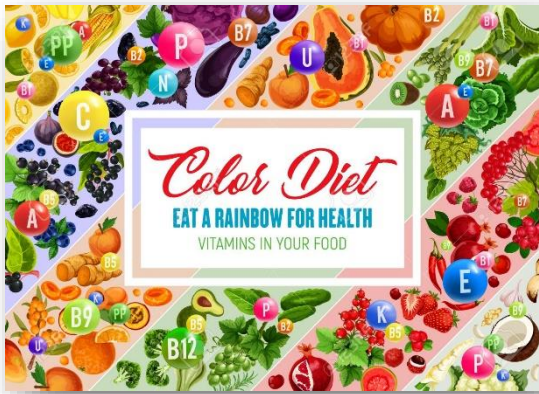
These two chakras are more spirit than earth, so their nourishment really comes from sources other than food, including love and a strong connection to the divine.



Eating light meals while engaging in a spirit boosting activities like meditation, walking a labyrinth, yoga, Qigong, keeping a gratitude journal or becoming more mindful can energize your third eye and your crown chakras immensely.



Remember that balancing, healing and recharging your chakras occurs on multiple levels and learning how to eat for optimal health and happiness will not only support you but help maintain higher frequencies of energy throughout your daily life.



High Vibrational Foods

- Fresh, certified organic fruits and vegetables
- Natural supplements, like spirulina
- Herbal Teas
- Herbs and spices
- Pure or filtered water — reverse osmosis or freshly collected spring water are the best choices
- Healthy oils, like olive oil and coconut oil
- Nuts and seeds
- Fermented foods
- Raw chocolate
- Raw honey and maple syrup
- Legumes
- Grains such as buckwheat, brown rice, amaranth, and spelt



Low Vibrational Foods

- Genetically modified (GMO) food, and conventional food that's been treated with chemicals and pesticides
- White rice and flours
- Sugars, sweeteners (artificial etc.)
- Coffee
- Sodas
- Alcohol
- Meat, fish and poultry
- Processed, packaged, canned and fast foods
- Unhealthy oils, like canola, cottonseed, margarine, and vegetable oils
- Frozen foods
- Pasteurized cow's milk, yogurt and cheese
- Deep fried foods and microwaving food