

# 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 potatoes

#### 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

Naturally White foods contain vibrations of all colors

## **COLORS, THEIR COMPLEMENTS & THEIR USES**

<b>COLOR</b>	<b>COMPLEMENT</b>	<b>KEY WORK USES OF COLOR</b>	<b>WAYS TO USE COLOR</b>
<b>RED</b> (Red)	<b>Green or Turquoise</b>	stimulate, energize, for vitality, power, courage, strength, control, overcome fear, instill self confidence; Don't use when angry	<b>Sun:</b> our most important source of energy – all visible light colors; walk in sunlight or use full spectrum bulbs
<b>PINK</b> (Pink)	<b>Pale Green</b>	protection, to feel safe & openhearted	<b>Food:</b> all food contains energetic vibration of the color of the food source; eat by food colors
<b>ORANGE</b> (Orange)	<b>Blue</b>	for emotional or physical trauma, to feel joyful, happy, optimistic, creative, lifts depression & fatigue; don't use when feeling insecure & dependent	<b>Clothing:</b> 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
<b>YELLOW</b> (Yellow)	<b>Violet</b>	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	<b>Room Art and Décor:</b> 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
<b>GREEN</b> (Green)	<b>Red or Magenta</b>	Balance, growth, new beginnings, stability, moderation, soothe nerves, to overcome grief, master healer color; don't wear if feeling inexperienced	<b>Visualization, Meditation, Breathing and Imaging Exercises:</b> 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
<b>TURQUOISE</b> (Turquoise)	<b>Red or Coral</b>	mass communication, release inhibitions; don't use when feeling rejected	<b>Sound / Music:</b> music or other forms of sound are vibration, like color, vibrating at specific frequencies; play music or sounds
<b>BLUE</b> (Blue)	<b>Orange</b>	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	<b>Solarized Water:</b> 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
<b>INDIGO / ROYAL BLUE</b> (Indigo)	<b>Gold</b>	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)	<b>Sitting under Colored Light:</b> colored glass windows will impart vibration of that color onto you; hang colored glass art or decoration on your windows
<b>VIOLET / PURPLE</b> (Purple)	<b>Yellow</b>	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	<b>Color Bathing:</b> water conducts energy; add natural color dyes to your bath water to absorb frequency of that color
<b>MAGENTA</b> (Magenta)	<b>Olive or Green</b>	release, letting go of feelings, ideas & thoughts no longer right/needed	<b>Aromatherapy:</b> add essential oils to environment, on yourself or in bath; vibration of plant, herb or flower contains vibration of its natural color
<b>BLACK</b>	<b>Absence of color – White</b>	protection, needing focus and boundaries, linear thinking; don't use when in deep depression, blaming others or feeling hatred for another, or aloof	<b>Supplemental Colors</b>  <b>GOLD:</b> Wisdom, enlightenment – use for affirming wisdom, vitality  <b>OLIVE:</b> Feminine leadership, balance of male/female leadership  <b>CORAL:</b> grace, sharing
<b>BROWN</b>	<b>N/A - tertiary</b>	grounding, safety, humility; don't use if feeling humiliated	
<b>CLEAR / WHITE</b>	<b>All colors - Black</b>	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*