

HEALING

Mind, Body & Spirit

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Food that we eat daily affects our body, emotions, mind and spiritual life. What we eat and how we eat also reflects a state of harmony within ourselves, the environment and the planet.

Food is much more than fat, protein and carbohydrates. It also possesses energies that are important for healing, maintaining, building and cleansing the body. Each food has a particular taste, shape, colour and texture.

In this article I want to talk about full spectrum, coloured food that contains sunlight energies stored in plants through the process of photosynthesis. Each food carries a vibration, and each colour of the rainbow has its own frequency. For example, freshly picked vegetables from an organic garden have a different vibration than pesticide-laden cooked food. When we eat this colourful, high frequency food we ingest positive energies into our body.



SEVEN PRIMARY FOOD COLOURS & CORRESPONDING CHAKRAS

There are seven primary colours in food that correspond to seven main energy centers or “chakras” in the body.

Each Chakra can be affected by specific emotional and psychological issues. These energy centres are connected to our nerves, hormones and emotions. Chakras are the link between energy and the physical body.

1. RED COLOUR CHAKRA – is located at the base of the spine and is a basic survival center in the body. Associated organs are adrenal glands, kidneys, bladder, legs and feet.

Feed your root chakra with red food such as beets, red peppers, red radishes, tomatoes, red apples, strawberries, cherries, red grapes, and raspberries which contain high amounts of vitamin C. Vitamin C strengthens the adrenals, colon, connective tissues and artery walls. Eating red food is also beneficial for people who have back pain, poor circulation & blood, are anaemic and are constantly cold.

Red food will give you confidence and well-being. If you are constantly tired, cold, depressed and with no energy, you are probably missing red

from your food.

RED RADISH SALAD

10 radishes, red, sliced
1/2 cup oregano, fresh
5 olives, calamata, pitted,
chopped
2 shallots, finely chopped

2 tbsp. Olive oil
Celtic sea salt, to taste
1 tsp. lemon, freshly squeezed
Mix all ingredients together in
a salad bowl.

2. ORANGE COLOUR CHAKRA – is located in the pelvic (sacrum) area between the pubis and navel. Associated organs are sacrum, lower part of the intestines, bladder and kidneys.

Feed your sacral chakra with orange food such as carrots, sweet potatoes, oranges, mangoes, papayas, apricots and peaches. Carrots are one of the best detoxifiers. They nourish the kidneys and liver and are rich in beta-carotene which prevents bladder, rectal, stomach and cervical cancer. Sweet potatoes are a kidney tonic and are rich in beta carotene. Oranges prevent

bladder, rectal and stomach cancer and have a cleansing effect on the body. Mango is another delicious healthy fruit with lots of vitamin C, beta carotene, and pectin. Mangos are used to treat kidney inflammation.

Orange is the colour of joy and wisdom, giving you physical energy and emotional strength. Eating orange food stimulates the appetite and aids digestion.

ORANGE SALSA

1 mango, diced
1 papaya, diced
1 red pepper, fresh
1 tbsp extra virgin olive oil
Salt and pepper to taste
1 tbsp. Chives finely chopped
1/2 lemon, squeezed
Mix all ingredients in a bowl.

3. YELLOW COLOUR CHAKRA is a solar plexus chakra located between the navel and the heart. Associated organs are stomach, spleen, skin, pancreas, liver and gallbladder.

Feed your sacral chakra with yellow food such as bananas, lemons, pineapples, yellow pepper, parsnips, cinnamon and grapefruits which contain fiber, vitamin C, potassium, magnesium and pectin. Pineapple contains the protein-digesting enzyme bromelain which is a powerful anti-inflammatory agent. Banana is soothing for the stomach and helps balance intestinal flora. Cinnamon is a digestive tonic, relieves gas and balances blood sugar.

Yellow is the colour of the sun and is the colour of happiness and cheerfulness. Eating yellow food will help you focus and help you with concentration.

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HEALING WITH FOOD

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BANANA – CUMQUATS CREAM

4 bananas, sliced thinly
Vanilla according to taste
1-2 cumquats, halved
5 honey dates, stoned and chopped
Peel and chop bananas and freeze them for 10 hours.
Halve the cumquats, and remove the middles.
Add frozen bananas, cumquat skins, vanilla and chopped dates to the food processor.
Blend until the whole mixture is soft and fluffy.

4. GREEN COLOUR CHAKRA is the heart chakra, located at the heart. Associated organs are heart, hands, arms and thymus gland.

Feed your heart chakra with green food such as avocado, broccoli, celery, kiwi, asparagus, cucumbers, lettuce, parsley, peas, zucchini, green grapes, etc. Avocado is rich in B's, beta carotene, and potassium. It nourishes the blood, nervous system and prevents constipation. Broccoli is rich in beta carotene, B's, vitamin C, zinc, fiber, calcium, sulfur and is one of the best detox superfoods. Broccoli helps prevent high blood pressure; it is therefore very good for the heart and cardiovascular system. Celery contains vitamin C, potassium, magnesium, fiber and beta carotene. It helps neutralize acids in the body, and prevents constipation, high blood pressure and nervousness.

Green is good for the heart on a physical and emotional level. It is also very purifying, cleansing and rejuvenating. Eating green food will improve memory, allergies, and the immune system.

ZUCCHINI SALAD

5 zucchini, sliced lengthwise
2 garlic cloves, minced
1 lemon, freshly squeezed
1 tbsp. Olive oil
1 tbsp. Capers
2 tbsp. parsley, finely minced
Peel and slice zucchini. Place them on a big plate.
Sprinkle with garlic, capers, parsley, olive oil and salt and pepper.

5. BLUE COLOUR CHAKRA is a throat chakra located in the throat at the base of the neck.

Associated organs are throat, thyroid, and ears.

Feed your throat chakra with blue food such as

blueberries, bilberry, blue grapes, seaweed, kelp, and blue cabbage. Blue food is rich in flavonoids and has cooling, soothing, relaxing and calming effects on the body. Blueberries lower cholesterol, cleanse the kidneys and help with circulation. Kelp contains iodine which helps with thyroid function. Blue lowers blood pressure, helps people with respiratory problems, and is anti-inflammatory and antiseptic. It is also one of the most healing colours for children.

Blue food can be used to awaken intuition, and help ease loneliness.

BLUEBERRY PIE

Crust:

1 cup almonds, soaked over night
1 cup dates, Medjol, soaked for 2 hours
Pinch of Celtic sea salt

Filling:

1 1/2 cup blueberries, fresh or frozen
1 to 2 tbsp. cacao powder
1/2 cup dates, Medjol

- Grind the almonds in blender to get flour consistency.
- Transfer almond flour to food processor, add Medjol dates, salt and blend ingredients thoroughly.
- Form a ball.
- Place the ball into a cake pan a gently press to form a crust.
- In a food processor mix blueberries, cacao powder and Medjol dates.
- Fill the pie shell. Place in a freezer for one hour before serving.

6. INDIGO COLOUR CHAKRA is the brow chakra, also called the third eye chakra - located between the brows in the center of the forehead. Associated organs are eyes, brain, pituitary gland, hormone function and neurotransmitters.

Feed your third eye chakra with indigo food such as blackberries, black cherries, black olives, black beans, raisins, plums, and figs. Indigo food influences our mood which affects our food choices.

Indigo will help detox the whole body. It will strengthen the immune system, lymphatic system, and purify the blood. Eating indigo food is

also beneficial for people who have menstrual irregularities, and eye problems.

Indigo can heal on both spiritual and physical levels. It has sedative effects, is very good for meditation, and helps you achieve a deeper level of consciousness.

BLACK BEAN SALAD

1 can black beans
1/2 red onion, finely chopped
Olive oil
1/2 lemon, freshly squeezed
Dulse flakes
Bragg amino acids
Mix all ingredients in a salad bowl.
Sprinkle with Dulse flakes

7. PURPLE COLOUR CHAKRA is the crown chakra located at the top of the head.

Associated organs are spinal cord, brain stem, and cerebellum.

Feed your crown chakra with purple food such as black cherry, black mission figs, purple prunes, plums, blackberries, raisins, cacao, eggplants, purple radicchio, purple cabbage, beet, purple broccoli, olives, purple cabbage, and seaweed such as dulse, nori, arame and hijiki.

Purple regulates metabolism, treats migraine headaches and normalizes hormones.

Grapes are purifying and have antiviral and antibacterial properties. Seaweed is rich in calcium, iodine and magnesium. It purifies the blood, breaks down fat and is antiviral and antibacterial.

Purple has a very fast vibration. It is a very inspirational and uplifting colour. Eating foods with a purple colour will energize the crown chakra, draw energies into your system and balance the subtle energies in our body.

FIG CACAO PUDDING

6 black mission figs
1 tbsp raw cacao
1/2 tsp vanilla extract
1/2 tsp cinnamon powder
Water to proper consistency
In a food processor mix all ingredients and serve.

Listen to your body and you will be drawn to the colours of foods that you need at any particular moment. The full spectrum of light will energize the whole body, mind and spirit