



FOOD + SPIRIT™

*A guidebook for
personal exploration
through everyday
eating and living*

THE HEALING POWER OF COLOR

Medical Disclaimer

This booklet is intended as an informational guide and is not meant to treat, diagnose, or prescribe. For any medical condition, physical symptoms or disease state, always consult with a qualified physician or appropriate health care professional. The author does not accept any responsibility for your health or how you choose to use the information contained in this booklet.

Note on the Food Lists

The food lists provided in this guide are for information only. Always select foods that are healing for your body and, if you have questions about which foods work best for you, consult with a qualified healthcare practitioner.

The foods included on those lists can be available in different formats (fresh, dried or dehydrated, as a spice powder, or as a juice, tea or other beverage options).

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“Color is the keyboard, the eyes are the harmonies, the soul is the piano with many strings. The artist is the hand that plays, touching one key or another, to cause vibrations in the soul.”

– Wassily Kandinsky
source: brainyquote.com

Welcome to The World of *Color*

Color impacts our life more than we realize. When you are finished exploring the concepts presented in this guidebook, you will never look at color the same way again!

In this guidebook, I'll take you through the presence and power of color to show you its effect on your body, emotions, and mind.

My aim is to **inform** you about the spectrum of color and, at the same time, **inspire** you with tips to use color to help maintain or regain balance and heal.

I'll be asking you to do different activities along the way, so let's get started...

Your Personal Relationship With Color

What is your favorite color at this moment?
(I realize 'favorite colors' can change...)

Do you use that color often in your life?
Have you ever stopped to consider what
that color, and other colors, mean to you
and to others?

Have you had times in your life when you were drawn towards a particular color? If so, when was that time in your life and what role do you think the color played for you?

For example, were you attracted to red during your busy, productive years because you needed more vigor? Did you feel like blue had become your friend after losing your pet? Reflect here on how color has been with you throughout your life...



Your Colorful Environment

Take a moment to look around your environment to see what colors surround you daily and report your findings below:

Clothing

Daily Outfits: _____

Overall Wardrobe: _____

Home

Bathroom: _____

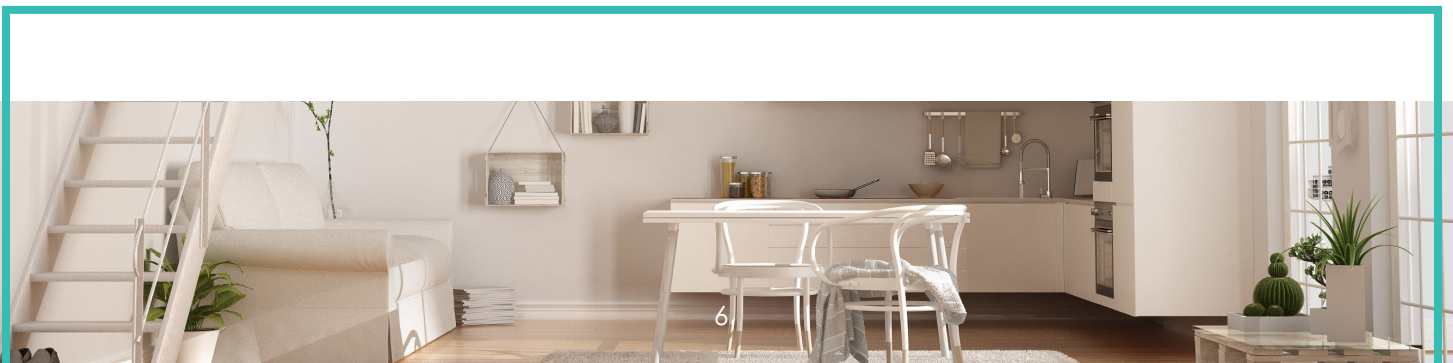
Bedroom: _____

Kitchen: _____

Living Room: _____

Work

Workspace Area: _____



What is Color?

Sir Isaac Newton created the first color wheel in the late 1600s^{1, 2}.

He proposed seven colors for his color wheel:



Since then, many artists have explored the meaning, emotions and vibrance of colors in life. In painting, graphics, and other art creation, color can be classified as primary colors – red, yellow, and blue – or secondary colors – combinations of the primary colors.³

But what is color?

Color can be classified into **hue**, **chroma**, and **lightness**.⁴

- **Hue = Wavelength**
- **Chroma = Intensity**
- **Lightness = Brightness**⁵

Wavelengths can be classified into longer and shorter. Longer wavelengths include red, orange, and yellow, which are considered arousing, invigorating, and warm.^{6, 7} Shorter wavelengths involve green, blue, and purple; these are considered calming, relaxing, and cool.^{8, 9}

Wavelengths for color refer to the energy or frequency of the waves within the visible spectrum of white light. White light contains all the colors of light. **Seeing color involves how light is absorbed and reflected.**¹⁰ The color black absorbs all the color frequencies in the light; it does not reflect any of the colors. The color white, on the other hand, does not absorb color frequencies in the light, instead reflecting all the colors back. Therefore, the actual color that a person sees is based on how the object is absorbing or reflecting light. For example, grass appears green as the grass is absorbing all the other colors from the light except green; it reflects back green.



Color and the Human Body

Aside from objects, color can also be observed in the body. People perceive a body's coloring as a reflection of health. When someone is healthy, it shows visibly in the person. For instance, we can see the glow of the person's skin, which is reflecting the flow of oxygenated blood.¹¹ When someone is ill, they may be pale or grayish, greenish, or blueish.¹²



When someone is injured, the body reacts with a variety of color, such as red from bleeding, or a mix of colors from a wound or bruise, such as pink, red, yellow, purple, and blue.¹³

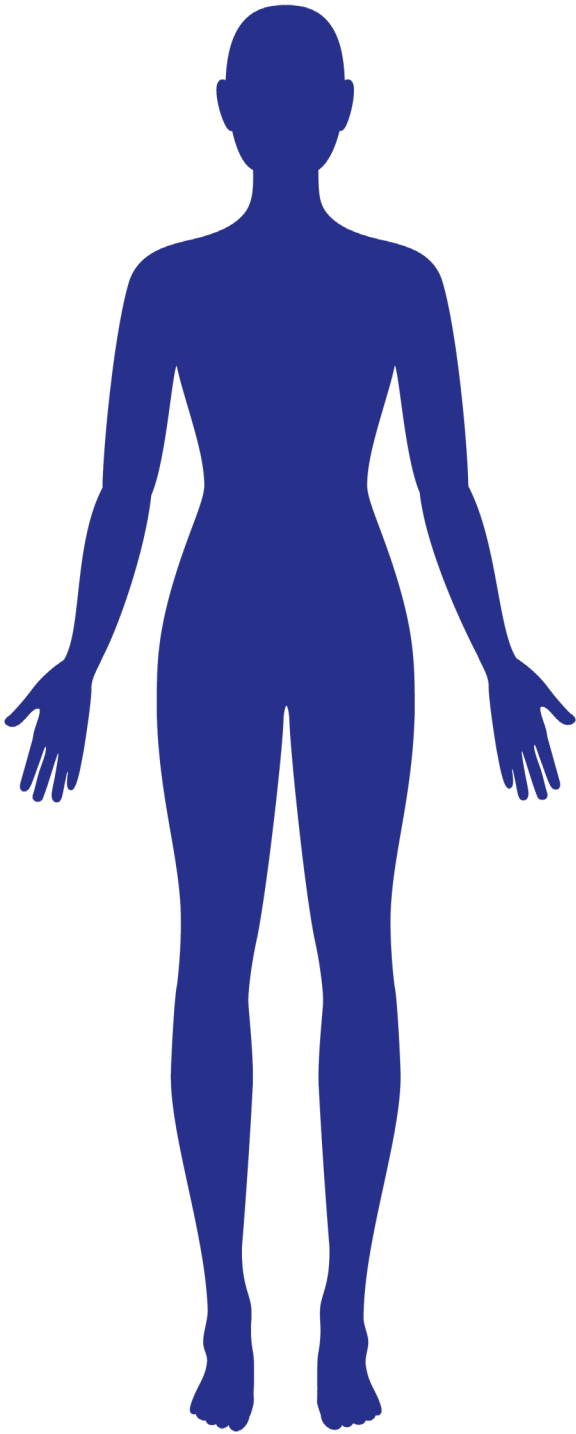
Colors help health providers assess what may be occurring in the body.

Yellow can be used to evaluate illness, such as jaundice from yellow fever¹⁴ and yellowing of the tongue related to type 2 diabetes.¹⁵

However, yellow can also indicate health, such as yellowness in the skin reflecting more carotenoids in the body.¹⁶

Likewise, red can be inflammation or it can also indicate health through robust blood flow.

What Colors Does Your Body Display?



Eye color: _____

Fingernail color
(even if polished,
report that color!): _____

Hair color: _____

Skin color: _____

Tongue color: _____

Do you have any obvious redness or
inflammation anywhere on your body?

Any blue-purple bruises?

Color and Emotions

Aside from the physical body, thoughts and mood reveal colors. And, color can color our mood!

Consider the various sayings we use, such as

"seeing red" for angry or "feeling blue" or sadness.

Depending on one's culture and personal experiences, color can have varying effects on people and influence our thoughts, behaviors, and feelings.

Researchers have found people not only perceive and react to different colors, they also assign specific meaning and emotions to different colors.¹⁷ Red is associated with attractiveness, aggression, and focus,¹⁸ whereas blue evokes a perception of trustworthiness.¹⁹

Longer wavelength colors, such *red*, *orange*, and *yellow*, produce feelings of **arousal, invigoration, and warmth**.

Imagine a crackling fireplace with the red-orange flames dancing to warm your body and soul.

Shorter wavelength colors of *green*, *blue*, and *purple*, influence feelings of **calm, relaxed, and cool**.²⁰

Envision a field of lavender stretching before you or recall the calming scent of lavender.

While we each may have a favorite color, a balance of colors can help steady us.

Let's assess your intuitive emotional response to the different colors in the next activity...

"I have found I'm leaning toward more vibrant colors because I'm so happy in them."

– Ellie Kemper

source: brainyquote.com



Your Feelings about Color

Fill in the feeling that arises when you reflect on each color:

- Red -

- Orange -

- Yellow -

- Green -

- Blue -

- Purple -

- White -

- Black -

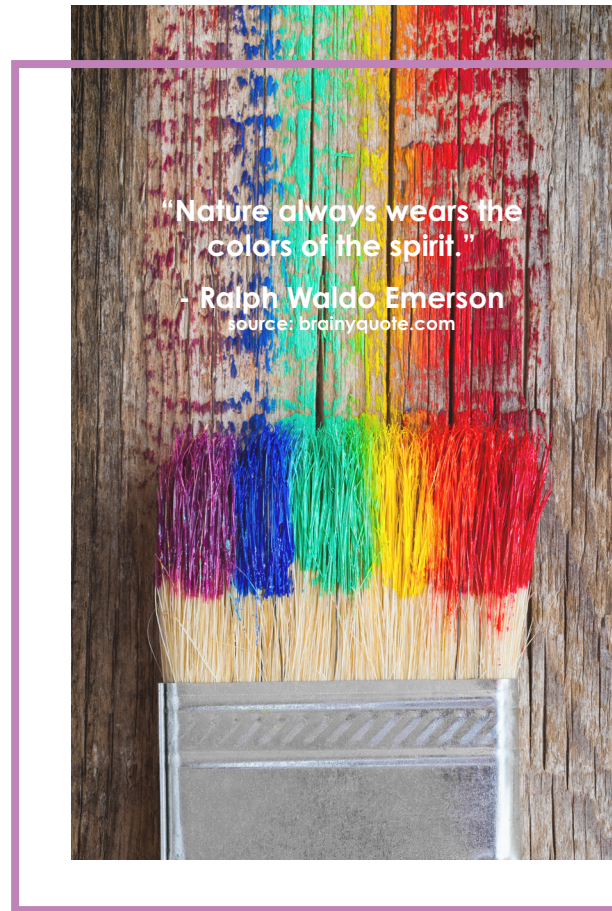
The Healing of Seeing Color

Seeing colors can evoke powerful responses.

It can arouse a variety of feelings from excitement and joy to sorrow and sadness to peace and relaxation. It all depends on our experience with and perception of the particular color.²¹

But, can color help us heal?

Art therapy, focusing on visual arts that incorporate color, can positively impact a person's overall health, well-being, emotions, and stress.²² A variety of studies show a connection between seeing, creating, or experiencing art and positive outcomes. While it may be too direct to state that art and color can heal a person's illness, there is support for adding visual art to one's healing path. For instance, researchers reviewed a variety of studies related to art and cancer, noting that art therapy had a positive effect on coping, fatigue, emotions, and quality of life.^{23, 24} In another study, painting was used as an emotional outlet allowing patients to express thoughts and feelings, thus positively impacting emotions, perceptions about their diagnoses, and ultimately hope.²⁶



Why could this be? One idea relates to being able to express feelings and thoughts that may be too difficult to put into words.

Having an outlet for difficult or painful emotions can help a person feel better as intense emotions are being released from the body through creative expression.

Other thoughts center on a patient's feelings of emotional support, using art as a distraction from the everyday impacts of the illness and the opportunity to enjoy an activity and experience positive aspects of life.^{27, 28}

Aside from art and color supporting medical treatment, how could a person use art and color in their everyday life? If we think about how artistic expression allows us space to self-reflect and convey our inner thoughts and feelings, we can harness that form of expression for our overall well-being.²⁹

Keep in mind that while expressing yourself using paintings can be fun, it's not the only method to bring more art and color into your life! When was the last time you enjoyed drawing or coloring? Adult coloring books can be an enjoyable activity to release your inner artist. Enjoying others' works of art and experiencing the colors they used to express their ideas can also be beneficial. Or, simply stepping outside and enjoying the color of your yard and surroundings can be uplifting. There are so many ways to use color to heal.

The Healing of Eating Colorful Foods

You've probably heard the phrase from the early physician, Hippocrates: "Let food be thy medicine." But, did you know that "food is medicine" is not the full picture when it comes to health? I discovered a color code for nutrition and healing, which I discuss in my review article and in my books [Whole Detox](#)³¹ and [The Rainbow Diet](#).³²

Eating a rainbow of colorful foods allows our bodies to absorb nutrients from a variety of foods.³³ Whole foods such as fruits, vegetables, herbs, whole grains, legumes, and nuts are composed of thousands of different phytonutrients that serve an array of functions in the human body. As we strive for balance in food colors and recognize when certain colors may be imbalanced regarding food intake, we can boost our overall health and well-being!

Here is what I've observed, and I discuss these concepts more in [The Rainbow Diet](#).³⁴



Red—Immune system: Red-colored foods tend to be high in vitamin C, which supports adrenal health and immunity. Red-colored foods, such as tomatoes, strawberries, and red beets, have also been shown to be anti-inflammatory.



Orange—Reproductive health: Eating orange-colored foods abundant in carotenoids like beta-carotene and beta-cryptoxanthin may help lower the risk of reproductive issues like endometriosis or even delay ovarian decline. Carotenoids are also found within the ovaries and the sperm to support fertility.



Yellow—Digestion: Eating too many of the processed yellow foods, like breads, baked goods, and processed cereals from, can extinguish our digestive fire and increase our risk for metabolic syndrome and even type 2 diabetes. On the other hand, eating acidic, warming, yellow foods, like lemons, ginger, and grapefruit, can help us burn brightly and rev our metabolism.



Green—Cardiovascular health: Green foods like leafy greens are rich in nutrients such as folate, vitamin K, and naturally-occurring nitrates that make them healing and expansive for the heart and blood vessels.



Blue-Green—Thyroid health: Blue-green foods like algae, sea plants, and even spirulina contain minerals such as iodine and selenium, which nourish and support the function of the thyroid gland.



Blue-Purple—Cognition and mood: Blue-purple foods like berries and grapes have been shown to help with better brain function like learning and memory, as well as improving mood and calmness.

The Vigor of Red

“Red is one of the strongest colors, it's blood, it has a power with the eye. That's why traffic lights are red I guess, and stop signs as well... In fact I use red in all of my paintings.” – Keith Haring

source: brainyquote.com

The color **red** carries numerous meanings depending on the situation. It can convey energy, confidence, attractiveness, attention, motivation, arousal, threat, danger, or negative emotions.^{35, 36, 37} The context of the situation, along with past experiences with the color,³⁸ will set the stage for how red is interpreted. For instance, wearing red clothing can demonstrate confidence; however, a person with a red face can signal anger. Red grabs our attention, allowing us to focus more directly.³⁹

In my [Whole Detox](#) and [The Rainbow Diet](#) books,^{40, 41} red is connected to the ROOT System of Health.

The red ROOT is associated with our physical body; with our organs and systems, such as adrenal glands, blood, immune system, and others; and with grounding us. It also pertains to our physical boundaries, community of support, safety, and survival. Let's discuss how red foods can help heal our physical bodies if there is an imbalance.

Root System of Health

- Grounding, safety, support, survival
- Adrenal glands, blood, immune system

The America's Phytonutrient Report by the Nutralite Health Institute⁴³ found 78% of people surveyed fell short of red foods in their daily diet. **Choosing red, plant-based foods can help add fiber, vitamins, and minerals to your daily eating.** Examples include beets, radishes, red apples, tomatoes, red onions, strawberries, red peppers, and others. These foods support our adrenal glands and immune system, protecting against inflammation. They may also energize us by balancing our blood sugar and supplying our blood cells with needed minerals. This effect can help make us more alert and attentive, as the body is receiving the nutrients it needs. It's important to find the right balance of colorful foods for you.

After adding red foods, pay attention to how you're feeling, physically and emotionally.

Some indications of a balanced ROOT System of Health are a well functioning immune system, energy for daily activities, balanced blood sugar, and an overall feeling comfort, security, and appropriate groundedness balanced with flexibility.

That said, eating certain red foods may provoke inflammation in some individuals. For example, some people have a nightshade sensitivity and cannot eat tomatoes.⁴⁴ Or, they may have a histamine intolerance which limits their intake of red foods like strawberries.⁴⁵ Eat according to what feels best for your body and consult a health care practitioner if you have any questions or concerns.



Red Foods

- Adzuki beans
- Apples
- Beets (candy cane, red)
- Blood oranges
- Cherries
- Cranberries
- Currants
- Goji berries
- Guava
- Kidney beans
- Lingonberries
- Peppers (bell, chili, jalapeño)
- Pink grapefruit
- Pomegranates
- Radicchio
- Radishes
- Raspberries
- Red beans
- Red cabbage
- Red carrots
- Red chard
- Red grapes
- Red lentils
- Red onions
- Red pears
- Red plums
- Red potatoes
- Red quinoa
- Rhubarb
- Rooibos tea
- Sapote
- Strawberries
- Tomatoes
- Ume plums
- Watermelons



Red Foods



Red foods I typically eat include:

Red foods I would like to try:

The Warmth of Orange

"The sky takes on shades of orange during sunrise and sunset, the colour that gives you hope that the sun will set only to rise again." – Ram Charan

source: brainyquote.com

Orange hues are associated with creativity, activity, being outgoing, as well as feeling relaxed.^{46, 47} When you think of the color orange, what images come to mind? You might possibly think of a piece of fruit or a carrot. Or maybe you think of a serene sunset? Does your sense of smell arise when thinking of orange, such as the fragrance of fresh oranges or the wondrous scents of being outdoors in the sun? How do you feel when thinking of orange?

Orange can evoke feelings of comfort, relaxation, and calmness.^{48, 49} One study tracked cancer patients' self-reported feelings of health when receiving treatment in an orange-colored room versus a white room, with the orange room providing heightened feelings of health.⁵⁰

If you've read my website or books,⁵¹ you know that **orange is connected to the FLOW System of Health, which is linked to creativity, emotions, and relationships. Recall above how orange evokes feelings of calm and comfort; this can connect to feeling relaxed in your relationships with others.** Flexibility and "go with the flow" are representative of the orange FLOW. It includes the watery or creative aspects of our physical body, including our bladder, kidneys, colon, and reproductive systems⁵² – all of which keep our bodies flowing. Fat storage and water balance are also connected with the orange FLOW.

Flow System of Health

- Creativity, emotions, relationships
- Bladder, kidneys, colon, reproductive system

Let's explore how orange foods coupled with creativity, fluids, and healthy fats can help restore balance. Selecting orange plant-based fruits and vegetables provide our bodies with beta-carotene, flavonoids, and vitamins A and C.⁵³ Examples include apricots, cantaloupe

oranges, mangos, peaches, carrots, pumpkin, sweet potatoes, and yams. Other nutritional aspects of FLOW are not necessarily orange but do aid in our health. **While water is not a food, it is essential for our bodies and the orange FLOW. Many foods contain water.**

Staying hydrated is important for bodily functions, so sip water throughout the day. Add an orange slice or infuse your water with other orange colored fruits to add color and flavor to your water. Healthy fats and oils are also part of the orange FLOW. Nuts, seeds, and flowing fats, such as olive oil, flaxseed oil, and fish oil, serve various functions within the body. A balance of quality, healthy nuts and fats help our cells do their job!

Nutriline Health Institute⁵⁴ stated in The America's Phytonutrient Report that 79% of people surveyed fell short of yellow/orange foods in their daily diet. It's important to find an even distribution of colorful foods for you. After adding in orange foods, water, and healthy fats and oils, pay attention to how you are feeling, physically and emotionally. Some indications of a balanced orange FLOW System of Health are more hydration, a healthy reproductive system, and "going with the flow," meaning feeling more relaxed and flexible with the ups and downs of life.



Orange Foods

- Apricots
- Cantaloupe
- Carrots
- Kumquat
- Mandarins
- Mangoes
- Nectarines
- Orange bell peppers
- Orange lentils
- Orange sweet potatoes
- Orange tea (sweet orange, turmeric)
- Oranges (blood, Cara Cara, navel)
- Papaya
- Passionfruit
- Peaches
- Persimmons
- Pumpkin spice
- Pumpkins
- Tangerines
- Turmeric
- Yams



Orange Foods



Orange foods I typically eat include:

Orange foods I would like to try:

The Happiness of Yellow

"Yellow usually means it's not that serious." – Bobby Unser

source: brainyquote.com

Just as orange reminds us of the warmth of the sun, so can **yellow**.

The color yellow is associated with positive emotions, optimism, and happiness.^{55, 56}

A sunflower is a wonderful example. Or think about the iconic smiley face; it's usually a yellow face and evokes joy with upbeat, positive feelings.⁵⁷

Yellow stands out. In one study,⁵⁸ yellow taxis were involved in less accidents as compared to blue taxis. The researchers ruled out various driving factors and reported that the more-noticeable yellow color of the taxis helped to lower accident rates as yellow taxis are easier to see.

In my 7 Systems of Health⁵⁹, **the color yellow is associated with the FIRE System of Health, which is connected to digestion, energy, and balance. The yellow FIRE is connected to high-energy, happiness, warmth and brightness.** When yellow and FIRE are in balance, you feel energized and confident to harness your personal power for reaching your goals. Your metabolism and digestion are robust with infrequent issues. If your yellow FIRE is out of balance, you may feel stressed, overwhelmed, and insecure. Also, you may be experiencing digestive and eating problems.⁶⁰

Fire System of Health

- Energy level, work-life balance, empowerment
- Biotransformation, blood sugar balance, digestion

A balance of healthy yellow-colored foods, while avoiding yellow, unhealthy processed and sugary foods, can help restore balance.



Yellow foods provide our bodies with a variety of nutrients, such as vitamins A and C, a variety of B vitamins, potassium, and folate.⁶¹ Some healthy yellow foods are lemons, bananas, pineapples, lentils, quinoa, legumes, and an assortment of yellow vegetables (yellow bell pepper, squash, and yellow tomatoes, to name a few).

As I mentioned above, the Nutralite Health Institute⁶² stated in The America's Phytonutrient Report that 79% of people surveyed fell short of yellow/orange foods in their daily diet. Consider how many yellow plant-based foods you consume daily. Perhaps you can season your cooking with yellow spices, such as turmeric, ginger, mustard seed, or curry.

Yellow Foods

- Apple cider vinegar
- Asian pears
- Bananas
- Buddha's hand citrus
- Chamomile tea
- Chickpeas (garbanzo beans)
- Corn (hominy, kernels, on cob, popcorn)
- Durian
- Eggfruit
- Endive
- Ginger (root, spice, tea)
- Golden beets
- Golden Delicious apples
- Golden flaxseed
- Golden raisins
- Jackfruit
- Lemons
- Millet
- Mustard (Dijon, spice, yellow)
- Pineapples
- Plantains
- Quinoa
- Rollinia
- Squash (all types)
- Starfruit
- Yellow bell peppers
- Yellow carrots
- Yellow cauliflower
- Yellow lentils
- Yellow onions
- Yukon potatoes



Yellow Foods



Yellow foods I typically eat include:

Yellow foods I would like to try:

The Expansion of Green

“The garden of love is green without limit and yields many fruits other than sorrow or joy. Love is beyond either condition: without spring, without autumn, it is always fresh.” – Rumi

source: brainyquote.com

Green is the color of nature. When we think of nature and plants, we typically think green, life, and growth. Green is also associated with peace, hope, rest, nurture, and balance.

Nature and healing are interconnected.⁶⁵ Think about how relaxed you can feel when taking a leisurely stroll in a park, forest, or hiking trail. Being surrounded by green nature, such as forest bathing, can help lower stress levels, pulse rates, blood pressure, and enhance positive moods.^{66, 67}

Doesn't it feel wonderful to breathe in fresh air while in nature? Nature can be healing! When was the last time you enjoyed nature? Perhaps you live in a city and don't have access to green space. Consider how you can access aspects of nature, such as a local park, some indoor plants, or growing herbs in a windowsill. If you do live near green space, schedule some time to enjoy the outdoors.

If you are familiar with my 7 Systems,⁶⁸ you'll know that green is associated with **the LOVE System of Health**. Our heart is connected to the green LOVE System. Just as breathing in nature can be healing, breath is important to our lungs and heart. The way we breathe affects our physical and emotional health. Deep breathing helps to relax us, and it expands our lungs and heart; shallowing breathing can make us anxious.

The green LOVE system includes self-care, such as loving and accepting ourselves, accepting others' love for us, and feeding ourselves nourishing foods. Green foods are heart-healthy foods. They contain chlorophyll, which give the foods

Love System of Health

- Compassion, expansion, service
- Breathing/lungs, circulation/heart, oxygenation

chlorophyll, which give the foods their green color.⁶⁹ Chlorophyll acts as an antioxidant and blood purifier, promoting robust circulation to give us a healthy glow and skin coloring.

Green foods also contain an essential nutrient known as folate. This nutrient, along with vitamin B6 and B12, is needed to lower levels of a compound known as homocysteine in the blood, which is positively correlated with heart disease, stroke, and deep vein thrombosis.⁷⁰

Other wonderful vitamins and minerals provided by green foods include vitamins A, C, and K and minerals of calcium, magnesium, and potassium.⁷¹ You will also benefit from other healthy compounds when increasing your green food intake, such as phytosterols that help to reduce levels of "bad" (LDL) cholesterol and phytoestrogens that enhance your heart health, balance estrogen, and calm your mood.

The Nutralite Health Institute⁷² commented in The America's Phytonutrient Report that 69% of people surveyed fell short of green in their daily diet. There are so many options for green foods as you will see in the list below. Eating a balance of colors each day is the goal.



Green Foods

- Artichokes
- Arugula
- Asparagus
- Avocado
- Avocado oil
- Bamboo shoots
- Basil
- Beet greens
- Bell peppers
- Bitter melon
- Bok choy
- Broccoflower
- Broccoli
- Broccolini
- Brussels sprouts
- Celery
- Chard
- Cilantro
- Collards
- Cucumbers
- Dandelion greens
- Dill
- Fennel bulbs
- Fiddlehead ferns
- Green apples
- Green beans
- Green cabbage
- Green grapes
- Green lentils
- Green olives
- Green onions
- Green pears
- Green peas
- Green tea
- Kale
- Kiwis
- Leeks
- Lettuce (butter, iceberg, romaine)
- Limes
- Mizuna
- Mung beans
- Mustard greens
- Nopal cactus
- Okra
- Olive oil, extra virgin
- Oregano
- Parsley
- Peppers (bell, chili, jalapeño)
- Pickles
- Radish greens
- Rosemary
- Sage
- Snow peas
- Soursop
- Soybeans (edamame)
- Spinach
- Sprouts
- Thyme
- Tiger figs
- Turnip greens
- Watercress
- Zucchini



Green Foods



Green foods I typically eat include:

Green foods I would like to try:

The Beauty of Blue

“Blue is the color of peace. Water is blue. I like the color blue because it just puts me at peace. The patriotic symbol is blue. I just like blue.” – Antonio Brown

source: brainyquote.com

Remember how I asked about your favorite color? Was it **blue**? For a majority of survey respondents, blue is one of the most popular colors.⁷³ The next favorite color was red.

When you think of blue, are you drawn to lighter shades, such as a sparkling turquoise ocean or a baby blue daytime sky, or deeper shades, such as a night sky, a sapphire, or a blueberry? How do you feel when you think of, see, or wear blue? Are you calm and relaxed? **Since the color blue contains short wavelengths, it is considered a calming color.⁷⁴ It is also associated with characteristics of caring, dependable,⁷⁵ trustworthiness,⁷⁶ peacefulness, and loyalty.**

With all colors, there are shades from light to dark. In my 7 Systems, I distinguish aquamarine blue from indigo blue. The blue-green color for aquamarine is connected to the **TRUTH System of Health**. Blue-purple for indigo is associated with the INSIGHT System, which will follow in the purple section below.

Let me explore blue-green TRUTH System here. There aren't many true blue foods, at least, not natural ones. The color aquamarine evokes images of the green plants in the blue ocean. Eating sea-vegetables from the blue-green ocean provides the body, particularly the thyroid gland, with needed iodine, selenium, and zinc.⁸⁰ These minerals are especially important for those with thyroid problems. When we think of the ocean, water comes to mind. While the water we drink is clear and not aquamarine, an aspect of TRUTH is drinking liquid foods to keep us hydrated and our throat moist.

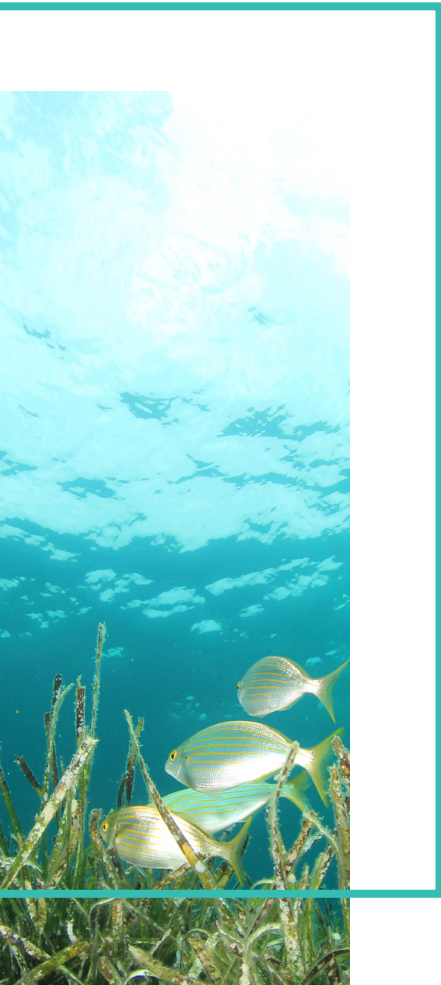
Truth System of Health

- Authenticity, choice, speaking/voice
- Chewing, metabolism, thyroid function

The TRUTH connects to our throat for ease of speaking our personal truth.

Consider how cold, room temperature, and hot liquids can help keep you hydrated. Other forms of moist foods, such as juicy fruits, sauces, soups, stews, and healthy smoothies, can also hydrate you. Sipping water throughout the day and adding hot or cold tea are ways to increase your hydration.

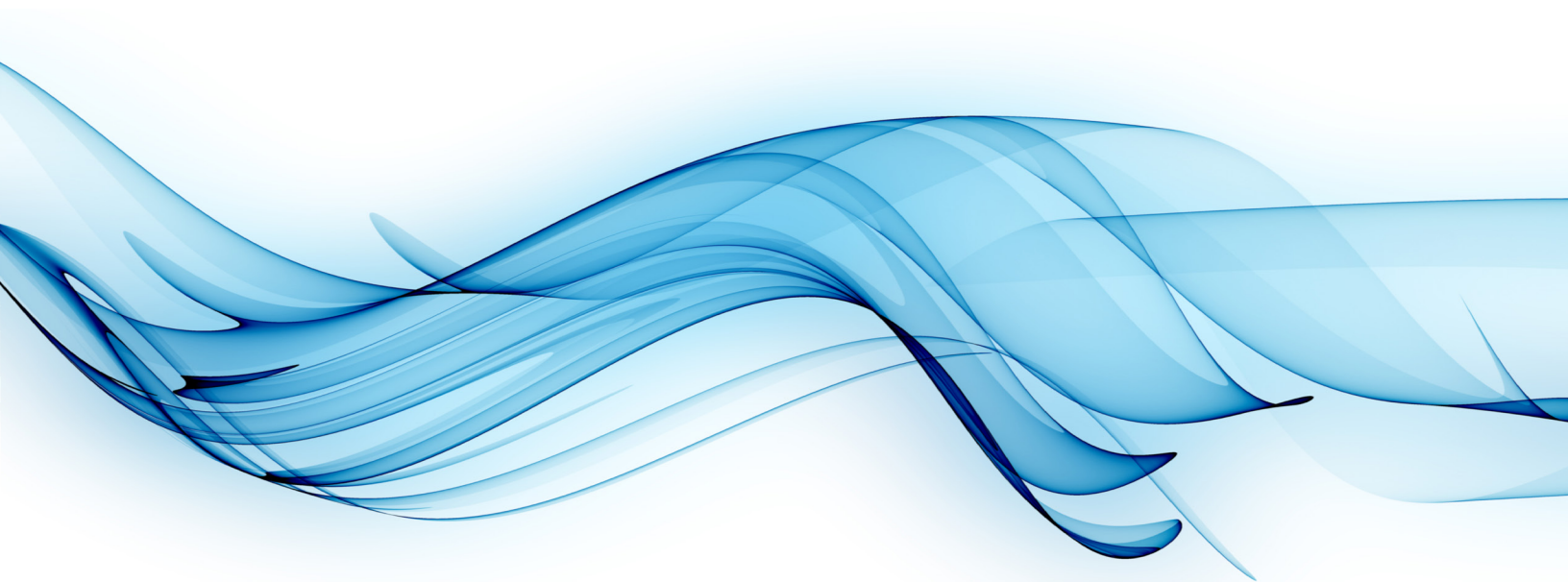
It's helpful to reflect on how light blue foods and blue in your environment are impacting your moods and your physical well-being. If blue is one of your favorite colors, do you use blue often in your life, perhaps in your room decor, accessories, or clothing? If you do not use blue often, consider how to add blue to your everyday, such as a blue shirt or sweater, pictures with blue accents, or walking outside to enjoy the beauty of the day sky. If blue dominates your day, notice how you can balance blue with other colors, such as using blue as an accent color to minimize its dominance.



Reflection on the Color Blue

Since we are going to have you evaluate blue-purple foods in the next section, use this space to write down any reflections on the color blue in your life.

These reflections may pertain to the presence of blue – *sky blue, aquamarine, royal blue,* in your life, the feelings you have from blue, and where it shows up in your life.



Because there are no 'true blue' foods, are there ways that this color shows up in your eating experience, such as eating from a blue plate or sipping from a blue mug?

The Preciousness of Purple

"The sky is already purple; the first few stars have appeared, suddenly, as if someone had thrown a handful of silver across the edge of the world."

– Alice Hoffman, *Here on Earth*

quote from Goodreads.com

Purple dates far back in history and carries connotations of prestige, power, wealth, and royalty in its ancestry.⁸¹ The color purple contains the shortest wavelength and is considered calming, relaxing, and cool.^{82, 83} Purple can be bold, rich and deep in color, or more reserved and restrained. A study found that using purple paper for a survey resulted in higher response rates.⁸⁴ The researchers speculated that perception and emotion played a role in the response rate, as purple is associated with royalty and chocolate in their country.

What comes to mind when you see purple? Do you experience relaxed feelings, such as when seeing lavender, or does the richness of dark purple spark your thoughts? Do you love purple or tend to avoid it? One study found that most respondents had a favorable view of purple.⁸⁵

In my 7 Systems,⁸⁶ I use the color indigo to characterize blue-purple. This color is linked to the **INSIGHT System of Health**, which represents our thoughts, mood, memory, sleep, and brain.⁸⁷

Blue-purple foods feed our brains with antioxidants known as anthocyanidins.⁸⁸ These foods support our brain's neuroplasticity, which is its ability to create new pathways to boost cognition, learning, and memory.⁸⁹

Insight System of Health

- Intuition, reflection, visualization
- Cognition, mood, sleep

America's Phytonutrient Report by The Nutralite Health Institute⁹⁰ found that 88% of people surveyed fell short of blue-purple in their daily diet. Out of all the colors, it was the one which was the lowest in daily diets.

While blue-purple foods may seem rare, a variety of purple foods exist. Blueberries may be the first dark blue-purple food that comes to mind. However, there are more options to add blue-purple foods to your daily eating, including blackberries, eggplant, purple carrots, purple cauliflower, purple cabbage, purple grapes, purple potatoes, figs, and plums.

Take some time to look in the produce section of your supermarket. What other purple fruits and vegetables are available to you? How can you add more blue-purple foods to your daily eating to boost your cognition? One option is frozen organic wild blueberries that can be stored in your freezer and thawed in single-serving portions. Another idea is rotating the color of your produce, such as swapping orange carrots for purple carrots.

Consider how blue-purple foods and blue-purple in your environment are impacting your moods and your physical well-being. Take a moment to look at the purple in your environment. Consider how you can add more purple, such as with accent colors, purple in clothing, a picture frame, or using a purple pen. Be creative as you add more purple-power to your life!



Blue-Purple Foods

- Acai berries
- Aronia berries
- Black beans
- Black lentils
- Black Mission figs
- Black pepper
- Black quinoa
- Black rice
- Black tea
- Blackberries
- Blueberries
- Boysenberries
- Eggplant
- Huckleberries
- Jaboticaba
- Marionberries
- Olives (black, purple)
- Oolong tea
- Peppers (bell, chili)
- Plums
- Prunes
- Purple asparagus
- Purple beans
- Purple cabbage
- Purple carrots
- Purple cauliflower
- Purple grapes
- Purple kale
- Purple onions
- Purple potatoes
- Purple rice
- Purple sweet potatoes
- Raisins



Blue-Purple Foods



Blue-purple foods I typically eat include:

Blue-purple foods I would like to try:

How to Make the Most from Color in Your Life for Healing

Experiencing a spectrum of color each day can be uplifting to our spirits and offer us benefits that are unique to each individual color. I encourage you to be mindful of the colors in your life.

Where is your life most colorful?

How can you use colors in other areas of your life?

What are your dominant colors? What colors are minimized or absent in your life?

You might want to begin adding those colors into your everyday through your clothing, environment or food. See if you can get the rainbow of colors in all aspects of your life, or simply allow yourself the space to explore a color deeply and with immersion.

7 Tips to Bring Color into Your Life

1. **Keep a quick and easy tracker** on your fridge so you are more aware of what colors you are eating and what colors need more attention in your meals. [Here is a tracker you can use.](#)
2. **Pay attention to the variety of colors** in your supermarket's produce section and at your local farmer's market. Look for the unexpected, like purple (instead of green) Brussels sprouts!
3. **Rotate colors of your fruits and vegetables**, such as purple cauliflower or yellow tomatoes.
4. **Add variety to your daily tea.** Teas are available in many colors! Be adventurous and try a new tea.
5. **Change up your usual wardrobe.** Consider how you can use accessories to add more color, so you wear the spectrum of colors each week.
6. **Consider adding accent colors to your home and office** to boost the impact of the rainbow of colors. For example, bring some healing green into your environment with a green plant. Or drink out of different-colored mugs to reflect your desired mood state.
7. **Let in the sunshine or take a stroll in nature.** As you walk, pay attention to the brilliant colors that nature provides. Houseplants can also bring a touch of nature and color to your home or work environment.

You might want to begin adding those colors into your everyday through your clothing, environment or food.

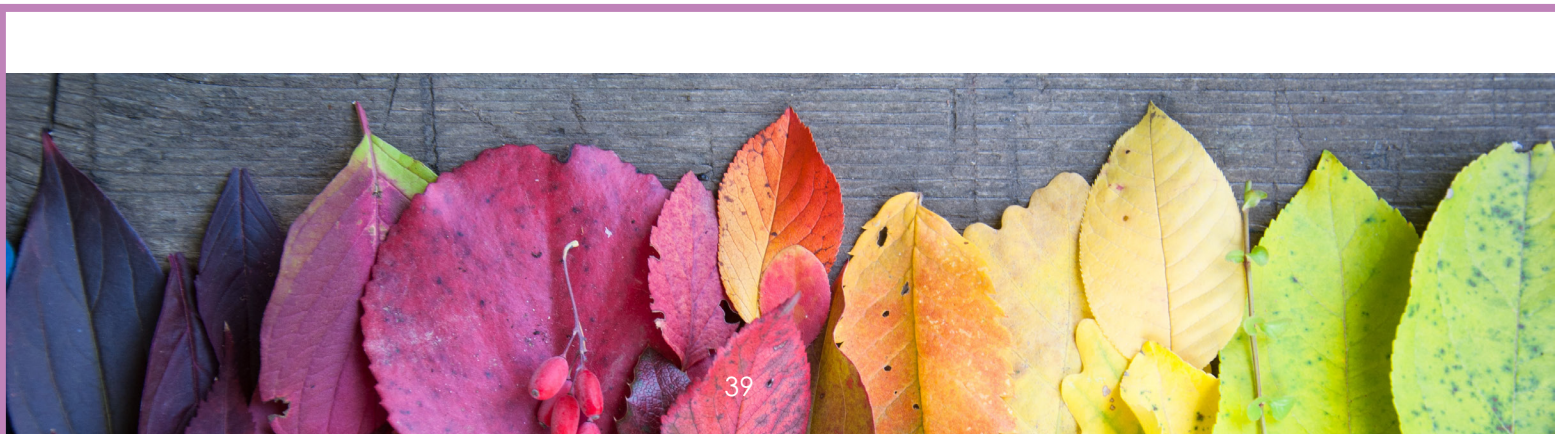
See if you can get the rainbow of colors in all aspects of your life, or simply allow yourself the space to explore a color deeply and with immersion.



Creative Strategies for More Color in Your Life

List here some small and big ways that **YOU** can bring more art, color, and creativity into your life:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Final Words



I hope that this guidebook and the activities I've provided have inspired you to become more aware of color in your life through your foods, clothing, personal space, and overall environment!

Once you've been tuned into color, you won't be able to 'unsee' it wherever you go. Being conscious of its presence will allow you to remember its benefits.

As you can see from the references included, the science of color is available, and, even more importantly, the art of colorful expression can lead us on a path of healing and wellness.

I wish you health, happiness, and the best of a rainbowed life!

A handwritten signature in black ink, appearing to read "Kuma".

Nourish Your Whole Self®

Online programs and in-person workshops for personal enrichment and inner transformation created and led by Dr. Deanna Minich.

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21 DAYS OF CREATIVITY TO CHANGE YOUR LIFE

A 21-day online course designed to help you embrace creativity in every area and achieve the best health of your life through fun, fulfilling, creative expression—plus learn strategies to break out of creative ruts.

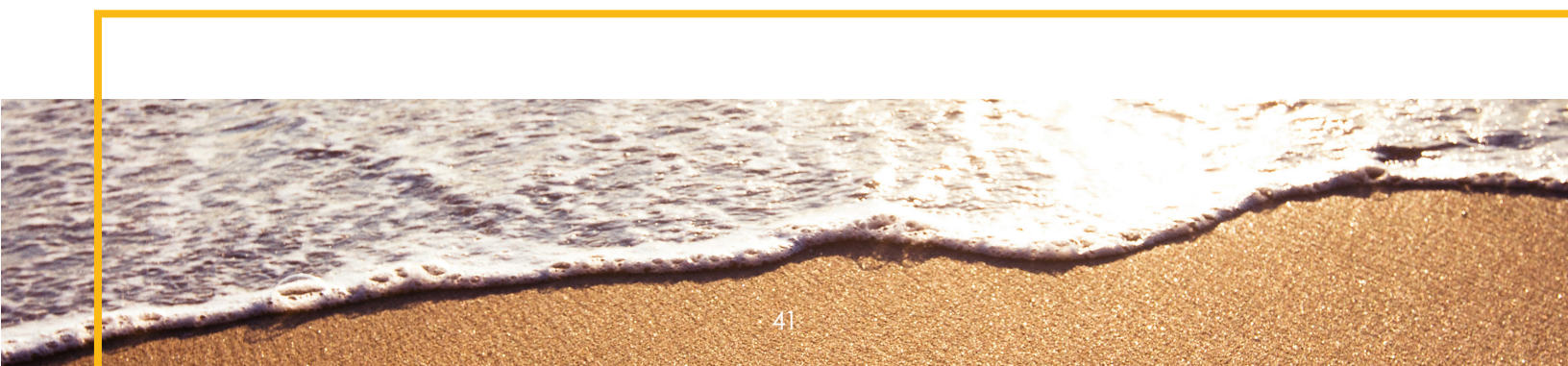
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NOURISH YOUR WHOLE SELF COMMUNITY

Join Dr. Deanna's Nourish Your Whole Self Community Facebook group to connect with her and others interested in a whole-food, whole-body, whole-life approach to healing using the full-spectrum of color and the seven systems of health.

NOURISH YOUR WHOLE SELF CARDS

A 56-card deck and accompanying booklet guide to your relationship with food through the 7 aspects of you—the Root, Flow, Fire, Love, Truth, Insight, and Spirit. Each aspect is represented by 7 inspirational images together with a healing affirmation. Enjoy choosing a card as often as you like, take them with you for meals throughout the day or just pick one a day to focus on for whole-self nourishment!

BOOKS BY DR. DEANNA MINICH

The Rainbow Diet: Unlock the Ancient Secrets to Health Through Foods and Supplements

Whole Detox: A 21-Day Personalized Program to Break Through Barriers in Every Area of Your Life

Chakra Foods for Optimum Health: A Guide to the Foods that Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit

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Quantum Supplements: A Total Health and Wellness Makeover with Vitamins, Minerals, and Herbs

An A-Z Guide to Food Additives: Never Eat What You Can't Pronounce

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