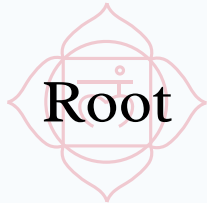


CHAKRA HEALING FOODS

CHAKRA

FOOD AND DRINK



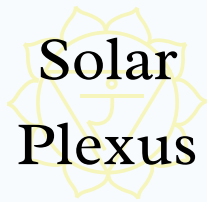
Root

- Root vegetables such as sweet potatoes and carrots
- Red fruits such as apples, strawberries, and cherries
- Protein-rich foods such as beans and nut butters



Sacral

- Spices such as cinnamon
- Orange produce such as mangoes, oranges, and carrots
- Honey



Solar
Plexus

- Complex carbs such as oatmeal and quinoa
- Yellow produce such as bananas, pineapple, and squash
- Ginger, turmeric, cumin, fennel



Heart

- Heart-healthy leafy green vegetables
- Green tea
- Basil, thyme, cilantro



Throat

- Herbal teas with honey and/or lemon
- Fruit smoothies
- Cantaloupe, watermelon, honeydew



Third
Eye

- Dark blue/purple fruits such as blueberries or blackberries
- Brain-boosting antioxidants such as dark chocolate.
- Grape juice



Crown

- Purified water
- Detox and fasting (if safe for you - please follow guidance of medical professionals)