



Foods, Affirmations and Themes for the Chakras

Feeding Your Root Chakra

Theme: Grounding

Affirmation: I AM

- Root vegetables: carrots, potatoes, parsnips, radishes, beets, onions, garlic, etc.
- Protein-rich foods: eggs, clean meats, beans, tofu, soy products (non GMO), peanut butter, raw nuts
- Spices: horseradish, hot paprika, chives, cayenne, pepper
- Red foods: Red fruits and vegetables are great for balancing the root chakra. Strawberries, cherries, apples, pomegranates, tomatoes, beets and raspberries.

Feeding Your Sacral Chakra

Theme: Nourishing, Divine Feminine, Sexuality, Creativity, Fertility

Affirmation: I FEEL

- Sweet fruits: melons, mangos, strawberries, passion fruit, oranges, coconut, etc.
- Honey (local)
- Raw Nuts: almonds, walnuts, sesame seeds, caraway seeds
- Spices: cinnamon, vanilla, carob, sweet paprika
- Coconuts: A hard encased fruit filled with a soft, white flesh and nourishing milk, the coconut embodies the feminine qualities of the sacral chakra. The fact that it is also full of good fats and oils make it perfect for this energetic vibration.
- Orange foods: Oranges, carrots, sweet potatoes, peaches, apricots, mangoes, papayas, pumpkin and mandarins, cuties, oranges are all sacral foods. When eaten with fats they help absorb more vitamins and mineral and they are excellent at restoring an unbalanced sacral chakra.

Feeding Your Solar Plexus Chakra

Theme: Self Worth, Encouragement, Self Love

Affirmation: I DO

- Gluten free granola and Grains: pastas, breads, cereal, rices
- Flax seeds, sunflower seeds, foods high in healthy fats
- Clean organic dairy: non homogenized milk, hard cheeses, greek yogurt
- Spices and herbs: ginger, mints (peppermint, spearmint, etc.), melissa, chamomile, turmeric, cumin, fennel
- Raw Cacao: dark chocolate helps with mental clarity and causes the body to release serotonin (the feel good hormone). The flavonoids in cacao have been shown to improve



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blood flow to the brain and the magnesium. Raw cacao helps to relieve stress and promotes relaxation.

- Purple foods: grapes, blackberries, blueberries, eggplants, purple kale, purple cabbage and purple sweet potatoes.
- Omega 3-rich foods: salmon, sardines, walnuts, flaxseeds and chia seeds all contain high levels of Omegas. Omegas from plants and clean, sustainable fish and non-harmful fishing practices are hard to come by. When eaten they are great for boosting brain power and balancing the third-eye chakra. I recommend the Omega Blend by Juice Plus+. It is sustainable and clean, all derived from 100% plant-based sources to get in all these important Omega 3, 5, 6, 7, and 9's daily.

Feeding Your Heart Chakra

Theme: Healing, Emotional Connections

Affirmation: I LOVE

- Green Leafy vegetables: spinach, kale, dandelion greens, etc.
- Air vegetables: Brussels sprouts, broccoli, cauliflower, green cabbage, celery, zucchini squash, peas and asparagus, Bok Choy
- Liquids: organic green teas, matcha tea, Yerba mate
- Green fruits: kiwi fruit, green apples, green grapes, cucumbers, avocado and limes.
- Green superfoods: spirulina, chlorella, wheatgrass, barley grass,
- Herbs: basil, sage, thyme, cilantro, parsley, coriander, mint, oregano, rosemary, tarragon

Feeding Your Throat Chakra

Theme: Speaking One's Truth

Affirmation: I SPEAK

- Liquids play a large role in healing the throat chakra because of their lubricating qualities: soups, warm teas, lots of pure water, fruit juices, herbal teas
- Avoiding dairy is highly recommended as it can congest your mucus membranes, coat the throat and clog the sinuses
- Blue foods: Blue is a color found rarely in natural foods. Blueberries, black grapes, blackberries
- Blended berries into a smoothie with hydrating coconut water to make a very healing throat chakra tonic
- Tree growing fruits: apples, pears, plums, peaches, apricots, mangoes, oranges and plums. They are 100% pure and ripe and chock full of phytonutrients when they are harvested after naturally falling off the tree
- Tart or tangy fruits: lemons, limes, grapefruit, kiwi, Meyer lemons



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- Spices: salt, lemon grass

Feeding Your Brow Chakra

Theme: Awakening, Third Eye, Opening the 6th Sense, Pineal Gland

Affirmation: I SEE

- Dark bluish colored fruits: blueberries, red grapes, blackberries, raspberries, etc.
- Liquids: red wines and grape juice
- Spices: lavender, poppy seed, mugwort

Feeding Your Crown Chakra

Theme: Opening and Clearing, Spirituality, Higher Consciousness

Affirmation: I UNDERSTAND

- None of the five elements are associated therefore the most effective way to utilize the body to connect to Sahasrara is by fasting, cleansing, detoxing with intention
- Setting a Sankalpa: This means setting an intention formed by the heart and mind. It is a private and solemn vow and incorporates determination, commitment of a time period and strength of will. In practical terms a Sankalpa means a one-pointed resolve to focus both psychologically and philosophically on a specific goal. A sankalpa is a tool meant to harness the will, and to focus and harmonize mind and body.
- Incense and Smudging Herbs: White Mountain sage, copal, myrrh, frankincense, juniper, natural tobacco, Palo Santo, Amber
- Incense and smudging herbs are ritually inhaled through the nostrils or some can be smoked through a ceremony pipe for purification purposes. The resins are burned in a puja offering.
- Open sea shells are ceremonial tools for containing the puja offering of fire and incense. This also brings in the element of water to the ceremony.

Sources:

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