

The Seven Systems of Health

This abbreviated chart of the Seven Systems of Health, combines cutting edge science and spirituality to give us a set of tools to focus on our thoughts about different health issues through nutrition; lifestyle (mental, emotional, spiritual); and color, which allows us to harness the physical and emotional effects, as well as nutritional properties of specific colors.

Each of the systems correlates with each of the seven “Chakras”. To better understand what chakras are, imagine a circulatory system that is invisible to the eye. A kind of energy system flow lined up on your spinal cord, like a vertical string of 7 pearls that permeate energy through the front of your body from the inside out and bring energy from the outside in again. (In Sanskrit these "chakras" translate into "spinning wheels"). Chakras are often used in yoga for awareness and focus. ie. When your teacher says to be aware of your "mulabanda"....

*** See chart on the next page.**

Aspect/Anatomy	Functions	Living	Foods
The Spirit Pineal Gland, Nervous System	Life Force and Energy	Circadian Rhythm, Life Purpose	Fasting, Natural White Foods, Cleansing Foods-like Lemon, Alkalizing Greens such as Parsley, Kale, Cilantro, Wheatgrass, and Fennel)
The Insight Pituitary Gland, Brain, Neurotransmitters, Eyes	Imagination and Visualization, Sight, Intuition, Sleeping/Dreaming	Cognition, Thought, Sleep	Blue-Purple Foods, Caffeine, Mood Modulating Foods, Spices
The Truth Thyroid Gland/Mouth/Throat	Speaking, Metabolism, Chewing	Speaking One's Truth, Choice	Mindful Eating, Moist Foods, Sea Plants
The Love Thymus, Heart	Circulation Oxygenation	Compassion, Expansiveness, Service	Leafy Greens, Microgreens, Sprouts
The Fire Digestive System	Transformation	Energy, Empowerment, Balance	Carbohydrates, Fiber, Whole Grains, Legumes, Yellow Foods
The Flow Ovaries/Testes, Urinary System, Colon	Reproductive, Fluid Balance	Emotions, Sexuality, Creativity	Healthy Fats and Oils, Water, Orange-Colored Foods, Fish and Seafood
The Root Adrenal Gland, Immune System, Skin, Bone, Muscles	Defense, Identity	Safety, Survival, Community	Proteins, Mineral-rich Foods, Root Vegetables, Insoluble Fiber, Immune-enhancing Foods