

Color Me Healthy Wealthy And Wise: Unlocking the Secrets to a Vibrant Life

American Heart Association
Healthy for Good

BLUE & PURPLE
blackberries plums
blueberries prunes
black currants purple figs
dates raisins
eggplants
grapes

RED & PINK
beets pomegranates
cherries radicchio
cranberries red radishes
pink grapefruit red apples
red grapes
red peppers
red potatoes
rhubarb
strawberries
tomatoes
watermelons

EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN
artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

ORANGE & YELLOW
orange peppers
papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE
bananas mushrooms
cauliflower onions
garlic potatoes
Jerusalem parsnips
artichokes shallots

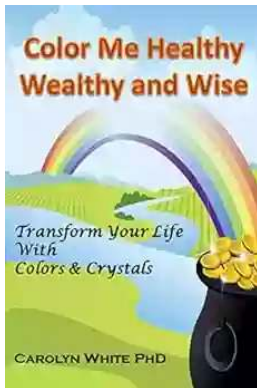
EAT SMART MOVE MORE BE WELL

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Living a healthy, wealthy, and wise life is something we all strive for. We want to wake up every morning feeling energized, surrounded by abundance, and armed with the knowledge to make the right decisions. But how can we achieve this level of well-being?

The Power of Colors

Colors have a profound impact on our lives. They can affect our mood, emotions, and even physical well-being. In fact, different colors have different vibrations that resonate with the frequencies of our bodies.



Color Me Healthy Wealthy and Wise: Transform Your Life with Colors & Crystals (Chakra Mastery

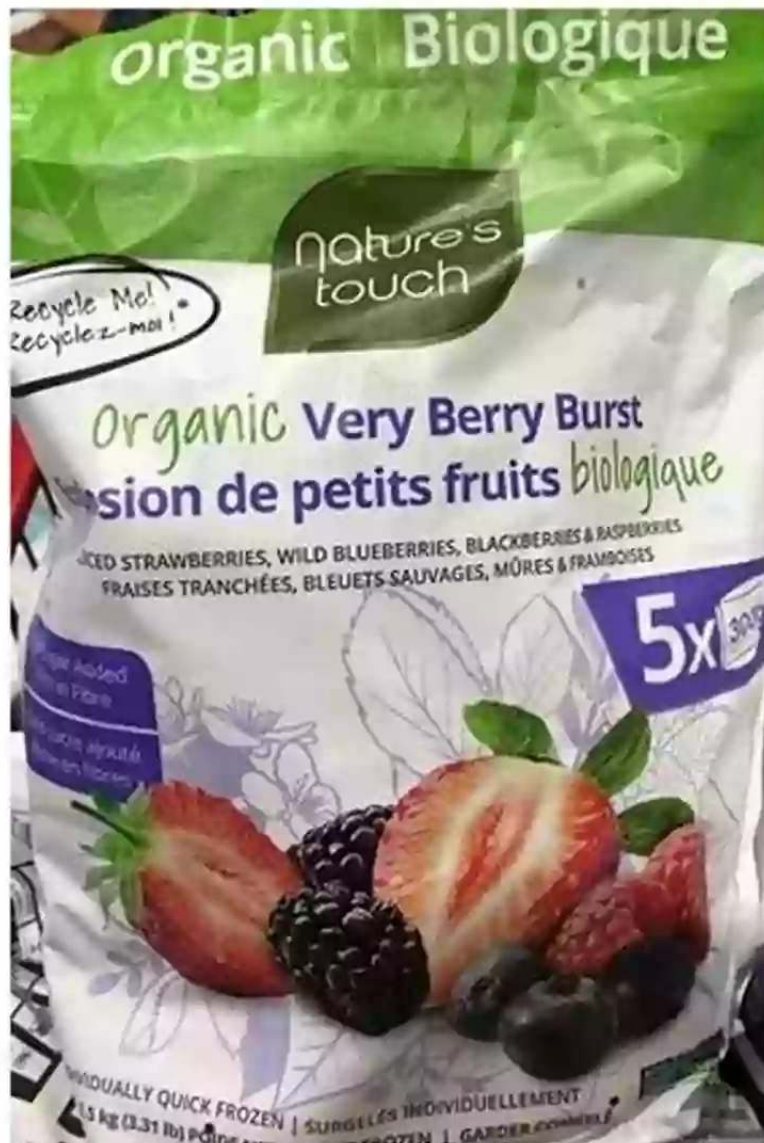
Book 10) by Carolyn White PhD(Kindle Edition)

★★★★★ 5 out of 5

Language	: English
File size	: 10713 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 144 pages
Lending	: Enabled



When it comes to health, color plays a fundamental role. Nature has provided us with a colorful palette of fruits and vegetables, each with its own unique set of nutrients and benefits. The rich pigments in these foods contain antioxidants, vitamins, and minerals that nourish our bodies and protect us against diseases.



Colorful Eating for Optimal Health

To achieve optimal health, it is essential to include a variety of colorful foods in your diet. Think of it as eating the rainbow. Each color represents a different class of nutrients that will contribute to your overall well-being.

Red fruits and vegetables, such as tomatoes and watermelon, are packed with lycopene, a powerful antioxidant that reduces the risk of heart disease and

certain cancers. Orange foods, like carrots and sweet potatoes, are rich in beta-carotene, which promotes healthy vision and boosts the immune system.

Green leafy vegetables, such as spinach and kale, are loaded with chlorophyll, which detoxifies the body and supports liver function. Blue and purple foods, like blueberries and eggplant, contain anthocyanins that have anti-inflammatory and anti-aging properties.

Yellow and orange fruits, such as oranges and bananas, are abundant in vitamin C, which strengthens the immune system and promotes collagen production for healthy skin. Including a variety of colorful foods in your daily meals ensures you are getting a wide range of vital nutrients.

Wealthy Mindset, Wealthy Life

While physical health is crucial, it is equally essential to cultivate a wealthy mindset. A wealthy mindset goes beyond financial abundance; it encompasses a positive attitude, gratitude, and the ability to attract and manifest opportunities.

One way to develop a wealthy mindset is through daily affirmations. Repeat positive affirmations such as "I am abundant in all aspects of my life" or "I attract unlimited wealth and success" to reprogram your subconscious mind.

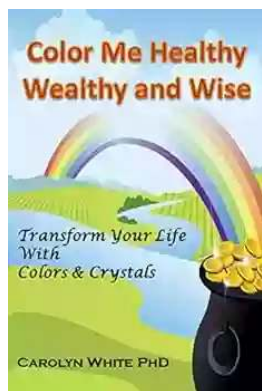
Visualization techniques can also help you create a clear picture of your desired wealth and take inspired actions toward it.

The Wisdom of Lifelong Learning

The journey to a healthy, wealthy, and wise life is incomplete without knowledge acquisition. Learning new skills, exploring different subjects, and expanding your intellectual horizons keep your mind sharp and open doors to endless possibilities.

Whether it's reading books, attending workshops, or enrolling in online courses, make learning a lifelong habit. Embrace curiosity and challenge yourself to try new things. By investing in personal growth, you gain wisdom that will guide you to make better decisions in all areas of your life.

Living a vibrant life requires a harmonious balance of physical health, wealth mindset, and wisdom. By embracing the power of colors in our diet, cultivating a wealthy mindset, and actively pursuing knowledge, we unlock the secrets to a truly fulfilling existence. Let's color ourselves healthy, wealthy, and wise!



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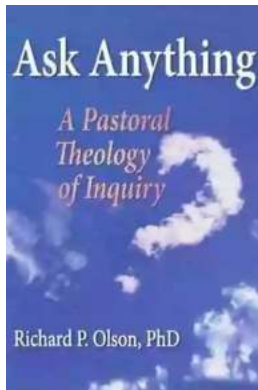
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As a companion to the Chakra Mastery series, Dr. Carolyn provides the basics for working with colors and crystals in your Human Energy System—your aura and chakras.

Want to transform your life and not sure where to start? Do you feel at ease in certain places and uncomfortable in others? Are you stuck in your path to wellness? As a spiritual seeker, are you blocked from attaining a higher vibe?

Color Me Healthy Wealthy and Wise helps you escape that “energetic rut” through the applied knowledge of color and crystals. Using the profound and practical tools in this book, you will be empowered to transform your life. Full color illustrations and references to help you connect with the healing power of colors and crystals.



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