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Throat Chakra

As the portal for communication, the Throat Chakra expresses the truth for the other chakras. Associated with colors of light blues and aquamarine.



Heart Chakra

Green rose and pink shades are the colors associated with this loving, healing chakra. Green colored vegetables



Solar Plexus Chakra

Yellow foods share the color vibration for this chakra which expresses our personal power, balance of energy flow and radiates our "true self" outward.



Sacral Chakra

Vibrating with Orange hues, this chakra houses our creativity and sexuality and allows us to "go with the flow" of life.



Root Chakra

This chakra vibrates with the colors of red, dark brown, dark gray and black and connects us to feelings of being part of a community, or "tribe."



The Healing Power Of Food Health And Healing The Natural Way

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The Healing Power Of Food Health And Healing The Natural Way:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **The Healing Power Of Food Health And Healing The Natural Way**

In a global inundated with displays and the cacophony of instantaneous transmission, the profound energy and mental resonance of verbal artistry frequently diminish into obscurity, eclipsed by the continuous assault of sound and distractions. However, nestled within the lyrical pages of **The Healing Power Of Food Health And Healing The Natural Way**, a interesting function of literary splendor that pulses with natural emotions, lies an wonderful journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, that magical opus instructions visitors on a mental odyssey, softly revealing the latent potential and profound affect stuck within the delicate web of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is main styles, dissect their fascinating publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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