

COLOUR THERAPY FOOD CHAKRA CHART



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Note: All mentioned foods can correspond energetically with multiple chakras/energy lines, but are placed in the category where they resonate the most. Some foods are repeated because they have a resonance of equal importance with more than one chakra. This chart is an energetic guide to eating foods that can complement and enhance your frequency. Please be aware of any individual allergies, sensitivities, or contraindications you might have and consume foods within those boundaries.

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