COLOUR THERAPY FOOD CHAKRACHART

Açai,
Bakeapples, Barley
Grass, Brazil Nuts, Cacao,
Chaga Mushrooms,
Chlorophyll, Dragon Fruit,
Golden Strawberries,
Goji Berries, Hemp Hearts,
Jicama, Kohlrabi, Lychee,
Millet, Rainbow Chard,
Saffron, Starfruit,
Turmeric

Apples,
Arrowroot,
Black Beans, Blood Oranges,
Cacao, Cassava, Cherries,
Chia Seeds, Grapefruit, Lentils,
Mushrooms (Portobello, Shiitake,
Button, Cremini, Oyster, etc.),
Pomegranates, Raspberries,
Red Beets, Red Onions,
Strawberries

Atlantic Dulse,
Broccoli, Brussel
Sprouts, Cauliflower,
Cordyceps Mushrooms,
Dates, Eggplant, Ginseng,
Maqui Berry (powder),
Micronized Mushrooms
(powder), Pecans, Shallots,
Walnuts

ROOT CHAKRA
ARCHANGEL METATRON

ROOT CHAKRA
ARCHANGEL MICHARI

ROOT CHARRA
ARCHANGEL MICHARI

CRYSTAL NUTRITION

Apricots,
Bakeapples, Butternut
Squash, Camu Camu Powder,
Cantaloupe, Carrots, Cashews,
Clementines, Gooseberries,
Kidney Beans, Kumquats, Maca,
Mangoes, Nectarines, Oranges,
Papaya, Persimmons,
Pumpkin, Red Cabbage,
Sweet Potatoes,
Tangerines

Algae
(Spirulina/Chlorella),
Ashwagandha,
Black Currants, Elderberries,
Figs, Lavender, Lion's Mane
Mushrooms, Mulberries, Pine
Nuts, Plums, Prunes, Purple
Potatoes, Red Grapes, Reishi
Mushrooms

NGEL GARAPA ARCHANGEL ARIEL

HEART CHAKRA AEL ARCHANGEL RAPHAEL Acorn/Winter
Squash, Bananas, Chia
Seeds, Chickpeas, Coconut,
Ginger, Goji Berries, Golden
Flaxseeds, Hazelnuts, Holy
Basil, Lemons, Limes, Lucuma,
Macadamia Nuts, White Onions,
Parsnips, Peaches, Peanuts,
Pineapple, Potatoes, Sesame
Seeds, Sunflower Seeds,
Yellow Beets, Yellow
Zucchini, Tahini

Algae
(Spirulina/Chlorella/Nori),
Aloe Vera, Atlantic Sea
Vegetables (Dulse, Irish Moss,
Kelp, etc.), Blackberries,
Coconut, Cucumber, Licorice
Root, Nutmeg, Psyllium Husks,
Radishes, Star Anise,
Watermelon,
Wild Blueberries

Almonds,
Artichokes, Asparagus,
Avocados, Celery, Cinnamon,
Garlic, Green Cruciferous
Vegetables (Bok Choy, Cabbage, Collard
Greens, Kale, etc.), Green Beans, Green
Grapes, Green Zucchini, Honeydew
Melon, Kiwi, Leafy Greens, Moringa
Leaf Powder, Navy Beans, Pears,
Peas, Pinto Beans, Pistachios,
Pumpkin Seeds, Radicchio,
Spinach, Sprouts,
Tomatoes,
Wheatgrass

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