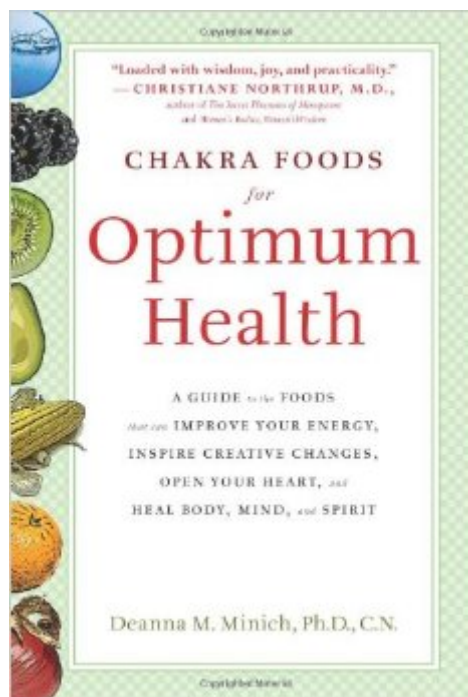


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# Chakra Foods For Optimum Health: A Guide To The Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, And Heal Body, Mind, And Spirit



## Synopsis

Nutritionist and yoga practitioner Deanna Minich's *Chakra Foods* provides information on how to heal emotional and physical woes through making the right food choices. The material for this book developed out of the author's highly successful "Nutrition for the Soul" classes, workshops, and private counseling sessions. Not a diet book, it looks at both the nutritional and spiritual aspects of the foods we eat and how they can heal us. For example, someone feeling stuck in their lives could turn to chapter 5 and find a list of orange foods -- apricots, carrots, salmon, pumpkin, oranges -- to help their sacral chakra. For each chakra, specific affirmations and other practices are also offered, as are meal plans and recipes. Helpful lists, charts, and diagrams help readers easily pinpoint and diagnose themselves and the various prescriptive options are all very clearly explained. With lots of useful sidebars, this book really is a treasure trove of energy medicine in the form of food -- truly food for the body, mind, and soul!\* Looks at the energetics of what and how we eat and how to rebalance through healthier choices.\* Easy to implement and stick with plan.

## Book Information

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## Customer Reviews

"Chakra Foods For Optimum Health" integrates modern, Western nutrition science with ancient Eastern yogic knowledge and wisdom. It provides the best introduction to the chakras that I have read (and I've read a lot of them), and an explanation of how to eat for the chakras that is very easy to digest and internalize. The author presents this material in a very well-written and intuitive package. I recommend this book very highly for anyone who wants to add dimension to their

understanding of the chakras, or who wants to expand their awareness of how foods affect them."

Upon first discovering Chakra Foods, it shifted how I interact with (and think about) food in a big way. If you take nothing else from this book, one of the simplest, most helpful pieces of advice is the need to S L O W D O W N while eating and really attempt to connect with the food instead of just plowing through the experience. This means turning off the music/tv/etc and getting into a quiet space where it's just you and the food in the present moment. Easier said than done of course, but I've remained conscious of making this part of my routine and now it's second nature. I had a fair understanding of the chakra system and associated concepts of energy, etc., but the way the author weaves it all together is great and it took my understandings that much further. Felt like I was rediscovering lost knowledge, and gave me that "spiritual buzz" of knowing what I was reading was full of wisdom. And even for those who don't "get" the chakras, the book still has a lot to offer. On my "journey of healing"--which has been quite the maze to navigate--I keep finding myself coming back to Chakra Foods at key times, most recently in battling some nasty adrenal fatigue coupled with candida overgrowth. The experience has taught me many things about myself and my perceptions of the mind/body connection as well as how spirit/consciousness plays into all of it. In realizing the need to take better care of my body and nurture myself, I found myself becoming grounded more in the physical (a realm I liked to ignore!), using nutrition, vitamins and supplements to nudge my body in healing directions, and now I'm coming into balancing that with my work on an energetic level...which brought me back to the book and how I could use food to help along the process. In working on my adrenal issues--which have definitely taken center stage--I came to realize the connection to an out-of-whack solar plexus. I found this section of the book to be extremely helpful in guiding me to the right foods, which I've been consciously eating with their nourishing/balancing of my solar plexus in mind. In particular I found it interesting the way the author broke down the various grains and their "energetic resonance" on the solar plexus. For example, Spelt is "Creative, quick efficient" at moderated intake, but has the effect of "Lethargic, paralyzed" at excessive consumption. Rice has the effect of "Balance, simplicity", while in excess becomes "Chaotic, frenetic, complex". I definitely experienced these two sides as I was eating rice as my only grain for quite some time. The chart of grains has really helped me be more conscious of how I'm taking in this type of food, and I've been able to feel the connection. The book covers so much other ground that I won't go into in this (already long-winded) review, but overall, it's just an amazing book. Highly recommended!

This book provides an interesting new perspective on the connection between nutritional science and spirituality. Essentially, it synthesizes eastern and western thought in a very understandable, concise way. Readers will learn how the body's energy centers, or chakras, contribute to the physical, emotional, and spiritual well being of each person. And, how the food you eat can diminish, maintain, or improve the resonance of the chakras. The book also provides plenty of dietary guidelines and tasty recipes that help readers make real changes. I highly recommend it.

Until I read this book, I never thought about the HOW of eating, only the WHAT. Deanna points to the equal importance and the studies behind who we're eating with and how the meal takes place. For example, she cites a study published in the New England Journal of Medicine from Drs. Christakis and Fowler. They demonstrated that patterns of body weight gain were directly connected to our social networks. What does that mean? The greater the connection an individual has with obese friends and family (even if miles apart), the larger the influence on he or she developing obesity. If you're emotionally close with overweight people, there is also a higher chance of you becoming obese. As a mom, this makes me think about being in great shape for my kid's healthy future and my own too! This is only one of many amazing insights and studies presented in Chakra Foods. It will have you thinking about food in a whole new way, an empowering way.

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