

Graves' Disease Rainbow Diet and Rainbow House for Healing



Using color as an aid in healing is not based on any well-developed science. Indeed, most medical professionals are rightly skeptical of claims about color therapy (also known as chromatherapy and colorology), and it should never be used as a substitute for sound medical advice. Each of us has colors that we prefer and some that we dislike. Any reaction of an emotional nature to color, either positive or negative can indicate how color can be used to promote healing and well-being.

Color is simply energy—energy made visible. As human beings, it's the only energy we can actually see.

The familiar spectrum of the different light wavelengths (red, orange, yellow, green, blue, indigo and violet) is visible when we see a rainbow, or when we view the colors created as light is refracted through a prism.

Dr. Max Lüscher, a Swiss professor of psychology and the inventor of the Lüscher Color Test, felt the significance of color originated in prehistory, when human lives were completely governed by day and night, light and dark.

Day brings bright, warm colors, with action, activity and an increase in metabolic rate. Night brings cool, dark hues, with rest, inaction and slowing

In the late 1950s, the color researcher Robert Gerard took this a step further. He noted that in human beings, both psychological and physical activity appears to increase as the wavelength of the light increases. In other words, reds, oranges and yellows are just naturally more stimulating to us than greens, blues and purples. He felt the color blue could be a supplementary therapy—for example as a tranquilizer and relaxant in anxious individuals and as a way of reducing blood pressure in the treatment of hypertension. Later research tends to support his conclusions.

In an experiment where prisoners were randomly assigned to either red, yellow, blue or green wings, those in the blue and green wings were less inclined to violence than those in red and yellow wings. Pink has also been found to have a tranquilizing and calming effect within minutes of exposure. It seems to suppress hostile, aggressive, and anxious behavior. Further tests show that blood pressure, pulse, and respiration rates tend to increase most under yellow light, moderately under orange, and less under red. They decrease most under black, moderately under blue, and minimally under green. Color also appears to affect our response to food. For example, in fast food restaurants the décor is often designed around appetite-promoting colors, such as reds and oranges—a belief that also surfaces in traditional wisdom.

Traditional color wisdom—reaching as far back as ancient Egyptian times—offers similar conclusions, though based on a very different, non-scientific approach. In classical Indian philosophy, for example, the seven colors of the rainbow are associated with the seven chakras (or energy centers) of the body. Each chakra is related to a specific body function and has specific effects

Choosing food by color:

- Foods that display our favorite colors will always be needed because they give us the particular energy that supports our body function.
- Foods belonging to the least favorite or even hated, colors will provide the nutrition and color energy that we are lacking.
- Food colors that we are attracted to temporarily reflect the immediate nutritional needs of the body.
- If you have problems that correspond to certain colors, you may wish to introduce foods of that color into your diet to help your body with it's healing.

RED FOODS AND FOODS THAT WORK IN A RED WAY



Red foods are generally rich in minerals and provide good sources of protein. They are good for increasing levels of vitality. Red deficiencies are shown through low energy levels, anemia, light-headedness and lack of stamina. Foods have different kinds of color energy, one is its obvious outwards appearance, the color it actually is, another is the inherent energy it supplies.

Chocolate is a good example of this; although not red in color it is an important red energy food because of the instant energy it supplies. In appearance watercress and parsley are both green foods, but their high levels of minerals give them a red quality. Red wine is red in color and provides iron, but

its high alcohol level means that it also provides violet energy, so it can be classed in either color category.

Red fruits	Strawberries, raspberries, cherries
Red vegetables	Red cabbage, beetroot, radishes, peppers, onions, tomatoes, chillies, watercress, parsley
other red foods	Meat, pulses, nuts, fish
red vitamins	B12 (vita! for the absorption of iron)
red Minerals	iron (helps the blood to carry oxygen), magnesium (good for nerve responses, cell energy, hormones, healthy bones), zinc (good for fertility; healthy hair, skin and nails)
Other red nutrients	Fatty acids (improve function of cells and promote healthy blood, skin, hair and nails)

Did you know that:

- Red foods can be very attractive when energies are low or following periods of illness.
- Soft red fruit is many people's favorite way of absorbing red energy and natural sugars.
- A chocolate is an important red energy food as it gives instant energy

RED HOUSES

Associated with: Vitality, Energy, Courage

Physical effects: Stimulates brain activity, increases heart rate, respiration and blood pressure, gives energy and self-confidence.

Governed by: The Muladhara or Root Chakra



Put RED in your life when there is:

- A lack of enthusiasm and interest on life
- A lack of energy and feeling of over –tiredness
- An inability to make your dreams a practical reality
- A feeling of insecurity, unwarranted fear, or anxiety

When to use RED:

If you want to come across as a bold and dynamic person wear a red scarf or a tie. This is especially effective if you have an event coming up at which your confidence need a boost, such as an interview or a presentation. You might also find this useful for a social occasion when you feel nervous about some new people.

ORANGE FOODS AND FOODS THAT WORK IN AN ORANGE WAY

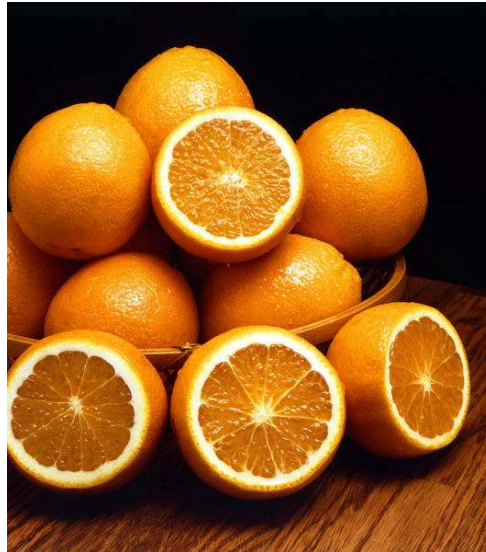
Orange foods help with the release of toxins and stress from the body, they support the reproductive system and encourage creativity at all levels.

Orange deficiencies are shown in constipation, artist's block, difficulties with fertility and stiffness of the joints. Orange foods help with the release of toxins and stress from the body by encouraging the system to become more efficient in the natural elimination and excretory processes. This, in turn, aids relaxation and the release of stress as the body lets go of unwanted and waste products.

Orange foods contain key nutrients that support and maintain the reproductive systems. These foods can also aid the flow of creativity on other levels too.

Lack of orange and orange-energy foods can be evident in physical constipation, but also in stagnation in other areas, such as artist's block and stiffness in muscles and joints.

Introducing orange or orange- energy foods into a system that is tired or toxic is easier for the body to handle than the strong, direct energy of red foods that could appear on first glance to be the solution.



Orange fruits	Oranges, peaches, apricots
Orange vegetables	Pumpkin, peppers, carrots
Other orange foods	Brown rice, sesame seeds, oats (provides roughage which is mucilaginous and gentle), shellfish
Orange vitamins	Vitamin A (for healthy eyes, skin, stable energy levels), vitamin C (strengthens cells and blood vessels, helps absorption of iron)
Orange minerals	Calcium (for muscle relaxation and healthy bones), copper (helps absorption of iron, improves flexibility of arteries), selenium (free-radical scavenger, helps reduce the effects of ageing), zinc (for healthy reproductive organs).

Do you know that:

- Oranges contain the key nutrient vitamin C and carotenoids that support the body in healing the effects disease and aging
- Seafood is rich in many trace minerals and Omega 3 fatty acids that support the reproductive system.
- The vitamin C and zinc in carrots provide an excellent combination to help the body detoxify metals and other pollutants
- We are often attracted to orange foods when our bodies need to release significant amounts of stress or toxicity
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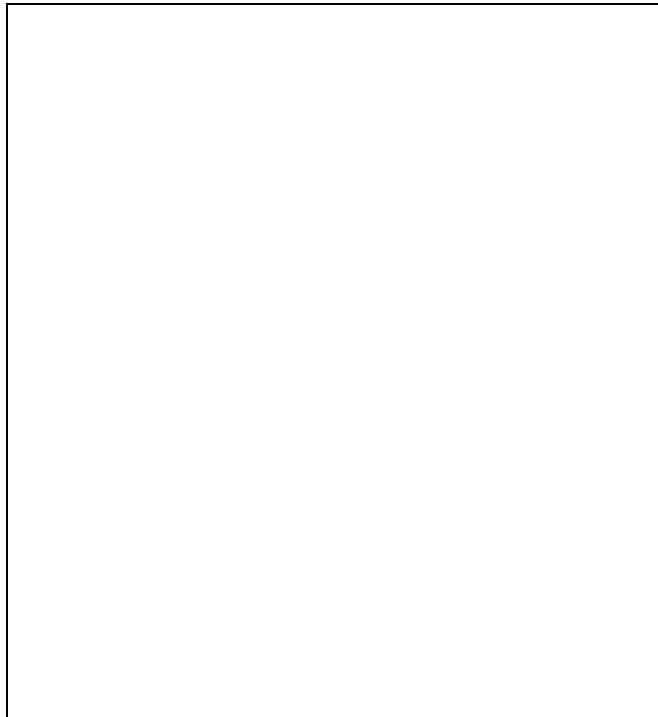


ORANGE HOUSES

Associated with: Happiness, Independence, Confidence

Physical effects: Energizes, stimulates the appetite and digestive system, removes inhibitions, and fosters sociability.

Governed by: The Swadisthana or Spleen Chakra



Put ORANGE in your life when there is:

- A feeling of bleakness and boredom, particularly when there is a sense that time is really dragging
- A lack of interest of what is going on around you, even to the degree of disdaining to become involved in any way
- A resentment of changes in familiar routines and an obsessive need to have things in their “proper” place
- Over- seriousness- taking oneself too seriously, being unable to see humor and playfulness in life
- A fear of experiencing pleasure through the senses and of enjoying sensuality
- An inability to let go of the past. This can be especially apparent after an accident or shock where the mind continually revolves around the issue involved- the “what if..” and “if only I had done this instead of that...”
- A problem with blocked experience in life, such as decrease in personal creativity

When to use ORANGE:

In times of stress, or after a shock or a surprise, wearing shades of orange can help the body to return to a state of balance

YELLOW FOODS AND FOODS THAT WORK IN A YELLOW WAY



The sun gives us our main source of yellow during daylight hours, but as modern life uses up the yellow vibration in dealing with pollution, chemicals, living indoors and high stress levels, yellow foods are needed in large amounts by much of the industrialized world's population.

Lack of yellow leads to irritability, tension, poor memory, restlessness, inefficient absorption of nutrients, digestive problems, a drop in immunity, a tendency towards hot flushes, feelings of depression, and inability to make decisions.



Problems with learning, concentration and memory can indicate a lack of yellow energy in the body. Sometimes this lack is made worse by the modern lifestyle, lighting and high levels of stress.

However, recent research into learning and attention difficulties has concluded that fish oils (Omega 3 fatty acids) have a crucial role in the internal body chemistry. The systems of people experiencing these problems seem to be unable to assimilate these vital nutrients correctly.

This indicates that what were once thought of as behavioral problems are actually difficulties with nutrition. Giving children experiencing these problems daily supplements of fatty acids - a yellow food - resulted in significant improvement in over 40% of cases, confirming the research.

Yellow fruits	Lemon, bananas, grapefruit
Yellow vegetables	Grains (rice, corn, wheat, rye etc.), peppers, pumpkins
Other foods	Eggs, fish, oils, food rich in fatty acids
Vitamins	Vitamin A (for healthy tissues, blood, eyes and immune system), vitamin B complex (helps the body to convert food into energy, support nerves and muscles), vitamin D (for absorption of calcium, promotes healthy muscles, nerves and parathyroid), vitamin E (antioxidant, good for healthy tissues and wound repair)
Minerals	Sodium and potassium (for healthy blood pressure, cell function, smooth muscle function), selenium (for smooth skin, protects blood cells), phosphorus (for healthy bones, teeth, kidneys, nerves and energy levels), iodine (for balanced function of thyroid, healthy arteries), chromium (helps metabolism of sugars and the function of the pancreas), molybdenum (facilitates use of iron and fats), manganese (stabilizes hormones, improves nerve function)
Non-foods	Food additives (interfere with natural digestive processes), alcohol (depletes the liver of nutrients, overworks the pancreas), sugar (overworks the pancreas)

Did you know that:

- Grains that are made into flours form the staple diets of most cultures.
- Bananas are rich in potassium that helps to maintain healthy muscles.
- Grapefruit and lemons help to fight infections
- Yellow foods are a useful addition to the diet for those who are studying, or coping with worries that they can do little about

YELLOW HOUSES

Associated with: Awareness, Wisdom, and Clarity

Physical effects: Energizes, relieves depression, improves memory, increases awareness, perception and understanding. Also stimulates the appetite.

Governed by: The Manipura or Navel Chakra



Put YELLOW in your life when there is:

- Confusion and indecision
- Fear and anxiety caused by unknown factors leading to nervous and digestive disorders
- A weak and confused immune system- frequent minor illnesses, intolerance and allergies to foods and other substances
- Nervous exhaustion, nervous break down, “burn out” panic attacks and hot flushes
- Poor memory, inability to concentrate or study
- Tendency to seasonal affective disorders or lethargy and depression in dull weather
- Digestive difficulties, malabsorption of food

Use Yellow when:

When working at a computer use a yellow mouse to improve your concentration and stay alert.

GREEN FOODS AND FOODS THAT WORK IN A GREEN WAY



Food that is green, or that works in a green way, tends to be rich in vitamins and minerals, though these can be lost in cooking or storage. Some parts of the world do not support the growing of fresh green foods, so people living in these places have to find other sources of green nutrients. The Inuit people of northern Canada, for example, live on a diet almost entirely based on fish and fish products, which supply the green energy they need. All minerals act in a green way and all therapeutic herbs, as well as culinary ones, also come under this heading.

Lack of a green vibration creates depression, a feeling of being trapped, breathing difficulties and a lack of self-value. Being in a large space, in the open air, and among natural surroundings is a quick way to bring a green vibration into your life if you feel your green food intake is insufficient.

Eating foods in their natural season, or where possible, foods grown locally, allow the body to settle into the rhythms and patterns of our immediate surroundings.

Many leafy green foods are categorized as bitters by naturopaths as they stimulate the liver and help to keep the whole of the digestive system in balance.

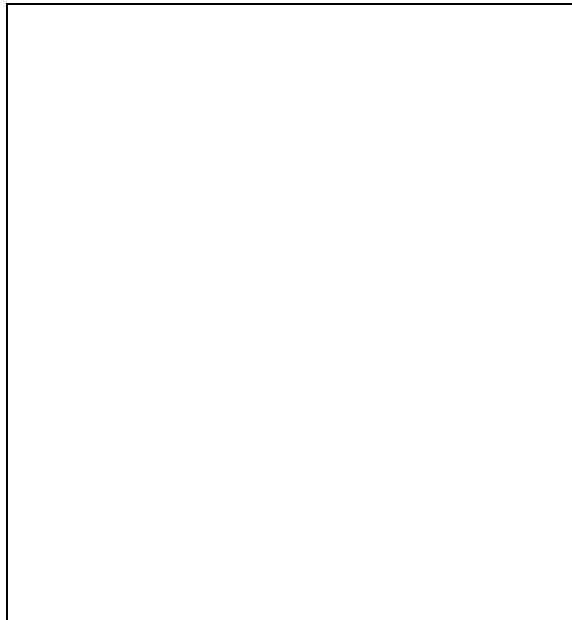
Green fruits	Apples, pears, avocados, green grapes, limes, kiwifruit
Green vegetables	Cabbage, broccoli, kale, sprouts, green beans, peas, leeks, spinach
Other foods	Most culinary herbs - marjoram, basil, oregano
Vitamins/minerals	All vitamins and minerals

GREEN HOUSES

Associated with: Balance, Love, and Peace

Physical effects: Soothing, relaxing mentally as well as physically, helps alleviate depression, nervousness and anxiety, offers a sense of renewal, self-control and harmony.

Governed by: The Anahata or Heart Chakra



Put GREEN in your life when there is:

- A feeling of restriction caused by circumstances such as being house bound or confined
- A need to let change happen, but also a fear of the unknown
- A feeling of being trapped by other people's rules and regulations and a need to break rigid patterns
- A need for new ideas
- A need for a new state of balance
- A problem with personal relationships, especially with over-dominance or subservience
- A negative green tendency- feelings and emotions like envy, jealousy and greed

Use GREEN when:

When there is a sense of thwarted ambition, restriction or being trapped by external circumstances, surrounding yourself with greens or taking a walk in green gardens will restore equilibrium

BLUE AND VIOLET FOODS AND FOODS THAT WORK IN A BLUE AND VIOLET WAY

There are very few foods that are blue or violet colored. However, some foods work in a blue or violet way. Blue foods are useful when the voice, glands and organs of the neck, and communication skills need help. Violet vibration foods have a remarkable effect on the mechanism of the mind.

Negative Violet Effects



Food additives and colorings serve to create illusion (a violet function) and relate to the shelf life or appearance of foods. Some additives also have an addictive quality, a trait that also belongs to a violet vibration. Both alcohol and sugar belong in this violet category when they are used in excess to escape from the reality of the world. Alcohol in particular is often the socially acceptable face of addiction and avoidance.

Genetically modified foods also reflect a violet vibration because of the false idealism associated with their production. They are being upheld as the solution to world hunger, when in reality, there is already more than enough food to go around, but it is not being shared and distributed appropriately.



Healers and Intoxicants

Plants that have a violet resonance have long been used in healing all over the world. When used carefully under experienced supervision they can open the consciousness to other realms of experience.

The use of intoxicants is a topic where cultures clash and legal entanglements abound, creating confusion and subversion, which are strong violet traits.

Basil, the common potheb, used in Mediterranean cooking, has specific and therapeutic effects when taken in small amounts. Drunk as a tea, it can help relax the body while keeping the mind alert.

Blue and violet fruits	Plums, blueberries, black grapes
Blue energy vegetables	Kelp and all seaweed products, asparagus
Violet vegetables	Purple sprouting broccoli, eggplants
Violet energy herbs	St John's wort {acts on the pineal gland)
Blue and violet energy vitamins	Vitamin E (stabilizes oxygen in the body, improves pituitary gland function)
Blue energy minerals	iodine (enhances the function of the thyroid gland)
Violet energy minerals	Potassium (stabilizes electrolytes in the body, keeps oxygen supplied to the brain)

Do you know that:

- A Good crops of asparagus need special fertilizers, usually seaweed or from a seaweed source, to ensure an adequate supply of iodine.
- Dark-colored grapes produce varying shades of red wine. The violet qualities of otherworldliness are encountered when drinking too much.
- Purple basil belongs to the same family as holy basil, which is used in the Indian subcontinent as a sacred herb of meditation.

BLUE HOUSES



Associated with: Knowledge, Relaxation, and Health

Physical effects: Calming, lowers blood pressure and decreases respiration. Ideal for sleep and over-active children. Enhances communication and decision-making.

Governed by: The Vishuddhi or Throat Chakra

Put BLUE in your life when there is:

- A need to calm agitated, excitable or chaotic states
- A need to communicate clearly
- A need for help with new information in context
- A need for peace, detachment, solitude and rest

Use BLUE When:

Blue will help the easy flow of communication whether it is with other people or listening to your own thoughts and feelings. To help remember a speech, write your notes in blue paper

INDIGO HOUSES

Associated with: Intuition, Imagination, Understanding

Physical effects: Strengthens intuition and imagination, increases dream activity.

Helps connect us to our unconscious mind.

Governed by: The Ajya or Third Eye Chakra



Put indigo in your life when there is:

- A need to focus on personal issues, beliefs and ideas
- A need to develop sensitivity to the inner senses and intuition
- A need to cool and quite normal mental processes
- A need to relieve physical, mental and emotional pain
- A need for temporary relief and removal from everyday problems and difficult experiences in life
- Inability or difficulty in assimilating and understanding new concepts or philosophies
- A need fro space and a desire for a period of solitude

VIOLET HOUSES

Associated with: Creativity, Wisdom, and Inspiration.

Physical effects: Suppresses appetite, provides a peaceful environment, relieves tension, and is good for migraines. Promotes inner strength, wisdom, kindness, artistic talent and creativity.

Governed by: The Sahasrara or Crown Chakra



Put violet in your life when there is:

- A need to rebalance life
- A need to speed up the natural healing energy of the body
- A need to integrate new skills into everyday life
- A need to use imagination in practical ways
- A need to remove all sorts of obstacles in life
- A need to calm hyperactivity, or energize lethargy or depression

Use Violet when:

Lavender is a traditional remedy for insomnia or restlessness at night. It is one of the most versatile essential oils for scratches, burns, headaches and worry. Dried lavender flowers besides the bed, or a drop of oil on the pillow, will encourage peaceful sleep.