

# 7 CHAKRAS FOR BEGINNERS

## Third Eye

**Problems:** depression, poor eyesight, hormonal imbalances, poor intuition

**Foods:** purple potatoes, blackberries, plums, purple grapes



## Heart Chakra

**Problems:** heart and lung problems, asthma, allergies, fear of intimacy

**Foods:** broccoli, kale, chard, all other leafy greens



## Sacral Chakra

**Problems:** infertility, hip pain, sexual dysfunction, emotional imbalances, creative blocks

**Foods:** seeds, nuts, oranges, carrots, pumpkins



## Crown Chakra

**Problems:** issues with sleep/wake cycle, feeling disconnected from your body or others, difficulty meditating, spiritual discomfort

**Solutions:** fresh air, sunlight, nature



## Throat Chakra

**Problems:** thyroid disease, frequent sore throat, difficulty expressing feelings

**Foods:** blueberries, blue raspberries, figs, kelp



## Solar Plexus Chakra

**Problems:** gas, bloating, liver issues, stomach ulcers, eating disorders, lack of confidence, procrastination

**Foods:** yellow peppers, yellow lentils, yellow squash, oats, spelt



## Root Chakra

**Problems:** colon issues, lower back pain, varicose veins, emotional issues surrounding money and security

**Foods:** beets, parsnips, rutabaga, apples, pomegranates, protein

