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Eating Red

If you have been following this column, you know that foods have an etheric body and carry vibrational patterns, just like people. Mother Nature gives us the option to raise our vibration through food choices. Food vibrations have three main components: phytonutrients, biophotons and the cultivate signature. Phytonutrients provide organoleptic properties such as color and smell. Biophotons are the emissions given off by DNA, RNA, enzymes and other macromolecules. The cultivate signature describes the effect food can have when eaten. This effect is based on how the food grows. For example, foods which grow in trees have a different effect from foods which grow underground. We need to consider all of these aspects when choosing food for the effect on chakras and auras.

According to Dr. Gabriel Cousens, the vibrations of food are first absorbed visually. This affects the content and concentration of our saliva. Aroma and taste affects how nutrients are absorbed and utilized. These extra-nutritional components affect how food is used in the physical and etheric bodies.

Food appears a particular color because it reflects the vibration of that color (basic physics). This color correlates to the chakra. Looking at this component, let us explore foods which affect the root chakra.

We know the color associated with the root chakra is red. Some red foods with the strongest phytonutrients include tomatoes, red apples, strawberries, cranberries, cherries and red grapes. Some of the phytonutrients in these foods might be familiar to you: resveratrol and quercetin, for example. Preliminary studies on resveratrol indicate positive cardiovascular benefits. Quercetin has been shown to have anti-inflammatory effects and MAO inhibiting activity. According to Healing Touch Program training, the root chakra is associated with the adrenal glands, which play a major role in releasing stress-related hormones. Consuming (naturally) red foods can be calming and repairing to the body when a client has a compromised root chakra.

Dr. F.A. Popp, noted German researcher, showed that biophotons are most abundant in wild plant foods. Wild, organic foods might give off twice as much biophoton energy as cultivated organic crops, which give off five times as much biophoton energy as commercially grown (conventional) food. (These measurements are for uncooked foods. Cooking destroys the biophotons and changes the structure of phytonutrients.)

To further explore these ideas, use your pendulums to test some food! Compare cooked and uncooked vegetables, asking to be shown the lifeforce. Compare organic and conventional produce. Compare local and imported fruit or greens.

Dr. Dietrich Klinghardt, in an interview with Dr. Joe Mercola, explains biophoton vibration as a "coil-like contraction and extension of your DNA -- which occurs several billion times per second -- and every time it contracts, it squeezes out one single biophoton; a light particle."

Thinking about the differences between the DNA of an apple, a strawberry and a beet begins to illuminate the qualitative difference among these red foods. This is where cultivate signature comes in. A beet grows underground. It is nestled, burrowed and secure. It is, literally, grounded. It grows in clusters. The flesh is very firm and strong. These characteristics are shared with someone who consumes the beet in its natural state.

An apple grows on a tree. It is off the ground, usually high enough to require a ladder. If it had eyes, it would have a nice peripheral view. Apples hold fast to their branches and only fall when they are truly ready (or in high winds). The flesh varies in sweetness and hardness depending on the variety. Apples are most interesting in that if you plant the seeds from one apple,



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the fruit from the resulting tree will not taste like the original fruit. So there is a lot of individuation related to this fruit.

Strawberries grow close to, but not on the ground. They are actually an aggregate fruit, meaning the fleshy part is a receptacle for many ovaries. The plants appear hermaphroditic but function as male or female. Many strawberries grow on one plant, but they are not clustered in the same way as beet root vegetables. They are not as individuated as apples. Strawberries are a hardy plant yet the fruit, itself, is delicate.

Now let us think about the issues we often witness when a root chakra is compromised. Someone might have feelings of loneliness and disconnectedness. It might be disconnection from people or from Source.

A different person struggling with a compromised root chakra might be characterized as an “airhead.” This person may live a very spiritual life and not be grounded in an Earthly sense.

A third client might be stuck in a rut or in old patterns.

Which food might be best for which person? The right food choice can help support shifting and holding a new energetic pattern. It can be an adjunct to the Healing Touch session you provide – for clients or yourself. €

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