



# A GUIDE OF YOUR ENERGY CENTERS

# UNDERSTAND, SUPPORT & STRENGTHEN YOUR CHAKRAS



## THE ROOT CHAKRA

- Location - Base of the spine
- Focus - Survival
- Affirmation - I Am

### Problems:

- colon issues, lower back pain, varicose veins, emotional issues surrounding money & security

### Foods:

- Beets, parsnips, rutabaga, apples, pomegranates, protein

THE SACRAL CHAKRA  
PLEASURE  
LOWER ABDOMINAL AREA  
CREATIVITY, SENSUALITY, GUT FEELINGS, WISDOM

Foods:

- Seeds, nuts, oranges, carrots, pumpkins
- Affirmation: I Feel

Problems:

- Infertility, UTI, uterus, testies, spleen, gallbladder, hip pain, sexual dysfunction or trauma, emotional imbalances, creative blocks

THE SOLAR PLEXUS

Power

The Problems:

Gas, bloating, liver Issues, stomach ulcers, eating disorders, lack of confidence, procrastination

Foods:

Yellow peppers, yellow lentils, bananas, yellow squash, oats, spelt

Affirmation:

I Do

# THE HEART CHAKRA

## LOVE

Problems:  
heart & lung problems,  
asthma, allergies, fear  
of intimacy

Affirmation:  
I Love



### Foods

Blueberries, blue-  
raspberries, figs, kelp

### FOODS:

Broccoli, kale, chard, all other  
green leafy vegetables

### THROAT CHAKRA

Expression

Problems: Thyroid  
Disease, frequent sore  
throat, difficulty  
expressing feelings.

Affirmation:  
I Speak

# THE THIRD EYE INTUITION

**Problems:** Depression, poor eyesight, hormonal imbalances, poor nutrition

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

**Affirmation:**  
I See

## THE CROWN CHAKRA SPIRITUAL

**Problems:** Issues with sleep/wake cycle, feeling disconnected from yourself & others

**Solutions:** Fresh air, sunlight, nature

