

# FOOD FREQUENCIES & COLORS

by Lady Carla Davis, MPH

*Specializing in Nutrition*

Everything vibrates to a specific frequency; from our voice and the words we speak, the thoughts we think, the music we listen to, the type of clothes we wear, the colors and decor in our home, to the water and food we consume. Even the planets in our Universe vibrate, in perfect harmony, to specific frequencies.

The natural color of food reveals its frequency, energy potential, and nutrient value, e.g., minerals, vitamins, enzymes, phytonutrients, anthocyanins, and other antioxidants. Different nutrients vibrate at different frequencies. Thus, the quality and variety of natural colors in the foods we consume are vitally important for nourishing our body (glands, brain, nerves, heart, lungs, skin and other organs, bones, teeth, hair, etc.); balancing our hormones; lifting our spirit; and maintaining our health.

Visible light consists of six basic color energies: red, orange, yellow, green, blue, and violet. (Indigo with a 425-450 nm, is a subset of violet). Each color creates a different effect emotionally, mentally, physically, and spiritually.

Wavelength measures light and **frequency determines color**. Our eyes perceive each wavelength (light) frequency as a different color. The average wavelength for the visible spectrum is 400-700 nm, although most humans can detect light just outside that range.

For good reasons, many species can see light within frequencies outside the human 'visible spectrum.' Bees and other insects can detect ultraviolet light and up to 590 nm of the yellow/orange range, which helps them find nectar in flowers. Birds can also see ultraviolet light in the 300-400 nm range, and a bit into the red range, but not as far as humans. Animals that can see the ultraviolet range, can not see red wavelengths.

The shorter the wavelength of the light, the more it is refracted. Violet or purple is the shorter wavelength of visible light. As the wavelengths get longer the visible light and frequency change in color to blue, green, yellow, orange, and red, which is the longest.

Colors of light travel at different speeds. Red travels the fastest, so it is on the top (least bent/refracted). Red has a long wavelength, but a low frequency. Violet travels the slowest, so it is on the bottom (most bent/refracted). However, violet, with its much shorter wavelength, has a higher frequency. Thus, violet provides the most energy and explains why blueberries and other purple/blue foods, rich in antioxidants, are so nourishing.

Warm colors (red, orange, and yellow) evoke feelings of happiness, optimism, and energy. However, too much orange and yellow can slightly irritate the eyes. Too much red can also be irritating.

**Red** foods nourish the heart, blood and liver. Red attracts, excites, and uplifts. Red also stimulates the appetite. Nourish yourself and children with cherries, pomegranate, boysenberries, cranberries, raspberries, strawberries, grapes, tomatoes, beets, and red meat according to your blood type. Spice up moderately with chili, cayenne, red pepper, paprika, and radishes. Red foods are rich source of anthocyanins and other antioxidants, beta and mixed carotenoids, enzymes, flavanoids, iron, lycopene, manganese, phytonutrients, vitamin C, and zinc.

**Pinks, corals, and peachy** colors combine the benefits of red, orange, yellow, and white to soften their effects. They are colors of happiness. Pink alleviates anger, hostility, and aggressiveness.

Stimulate and cleanse (detox) with watermelon, red grapefruit, persimmon, and other coral colored fruits. They also delight our mood.

**Brown** and **natural cream** colors are found in beans, nuts ((almonds, walnuts, macadamia, pecan), seeds (chia), mushrooms, seaweeds, dates, prunes, and raisins. Brown color combines red and green, blue and orange, or purple and yellow. These foods are good source of calcium, carotenoids, enzymes, essential oils and fatty acids, iodine, iron, magnesium, manganese, potassium, proteins, selenium, sodium, vitamins B and E complex, and zinc.

**Orange** foods combine the benefits of red and yellow. Orange symbolizes the sun and increases alertness and concentration. It also decreases feelings of depression. Natural sodium, found in orange and yellow foods, is good for the stomach, digestion, and joint mobility. The carotenoids in orange foods protect and nourish the skin, lungs, nasal, and mucus membrane linings. Orange foods include egg yolk, carrot, curries, orange pepper, pumpkin, sweet potato, turmeric, apricot, and persimmon. These foods are rich in carotenoids, enzymes, fiber, sodium, vitamin A and other antioxidants. The egg is also a rich source of a complete protein.

**Yellow** foods help eliminates toxins, promote liver, gall bladder, pancreas, and gut health, and nourish the skin. To enhance digestion, gut health, joint mobility, the immune system, and mucus membrane linings. Yellow foods consist of the banana, lemon, grapefruit, peach, nectarine, papaya/pawpaw, butternut squash, and yellow peppers. Yellow foods are rich in carotenoids, flavanoids, enzymes, fiber, potassium, vitamins A, C, and other antioxidants. The **banana** promotes beneficial gut microbiota. The **fresh lemon** is the only food that is purely anionic. All other foods are a mixture of cationic and anionic. When combined with water, the citric acid in a fresh lemon produces a negatively charged ion that is alkalizing, energy producing, and very beneficial for the body. Add **fresh** lemon juice to your water and in a raw salad.

**Green** foods in their many shades of the earth's vegetation, have a soothing influence upon the mind and body. They balance and harmonize. Green is neither relaxing nor astringent in its impact. However, green leafy vegetables and salad greens of all kinds can be used for any condition in need of cleansing and healing. They are highly beneficial for gut health and rebuilding good gut microbiome. Green foods include: artichoke, arugula/rocket, asparagus, broccoli, broccolini, chard (red and Swiss), collard greens, kale (a super food), mustard greens, pepitas/pumpkin seeds, Romaine, spinach, sprouts, zucchini, and avocado. In addition they include a wide variety of herbs: astragalus, basil, lemon grass, mint, nettles, oregano, rosemary, sage, tarragon, thyme, etc. Green foods work well in combination with foods of other colors. Creating a colorful salad in your daily diet provides a wide variety of antioxidants, fiber, enzymes, minerals, phytonutrients, and vitamins. Green foods are also a rich source of magnesium, which is good for calming and cleansing the body. It also helps the body better utilize calcium to build strong bones and teeth. See the articles on this topic in **Masters of Health** by Sandy Sanderson and <https://www.elektramagnesium.com.au/>.

**Blue** soothes and reduces tension throughout the body, helping with anxiety. Blue create a feeling of calmness, peacefulness, security, stability, and tradition. Because of this blue is a very popular color. Few foods are naturally blue in color. Other than blueberries, foods that appear blue are usually a shade of purple because of the combination of anthocyanins (blue) and carotenoids (red). **Purple** or violet are a mixture of blue and red. These foods include: blueberries, blackberries, grapes, plums, prunes, figs, purple potatoes, ancient blue corn, red/purple cabbage, endives, borage, cornflower, and seaweeds. Blue and purple/violet foods are very rejuvenating and healing because of their high levels of anthocyanins and other antioxidants. They also contain carotenoids, enzymes, fiber, iodine, and iron.

**Black and gray** are non-spectral colors. Black is colorless and often represents death or charred/burnt/decayed food. Thus, it is the most unhealthy color to use in a kitchen. Excessive black decor or black clothing produces a heavy, suppressing effect on the human physiology. Food that looks black or gray is not very appetizing. Gray, which is a combination of white and black, does not evoke any emotion. Gray may be trendy, but it is not a good color for business, ones home, or stimulating creativity. Psychologically, it is the choice color of people who lack energy and prefer a subdued life style. Picture which foods are gray: highly refined/processed or dead foods/liquids, void of nutrients.

**White** is a mix of all the possible colors of the visible spectrum. White is associated with purity. However, there are two types of white: one that is refined white (white flour, sugar, rice, etc.) which means it has been processed of all nutrients. And, the ‘natural’ white, such as cauliflower, garlic, ginger, onions, parsnips, potatoes, and various vegetables, which are actually not pure white, but more translucent or off white in color.

**Black and white** are not colors because they do not have specific wavelengths. White light contains all wavelengths of visible light. Black is the absence of visible light. Are the current black, white, and grey trends a disguise for socially engineering the masses? (e.g. Air NZ colors, fashion clothes and interior decorating colors.). Think about what wearing black clothing, working in a predominantly black or grey office, travelling in a black compartment, or consuming black or grey foods do to the human body, mind, emotions, and spirit.

Each color with its own frequency vibration corresponds to a particular organ and chakra, or energy center, in the body. Selecting and using a various colors of food enables one to harness its frequency, which in turn helps to create a specific effect and health benefit. Think about the colors of the different fruits and vegetables. How much color do you consume in your daily diet?

	<u>Wavelength</u>	<u>Frequency</u>	<u>Photo Energy</u>
<b>Violet</b>	<b>380-450 nm</b>	<b>668-789 THz</b>	<b>2.75-3.26 eV</b>
<b>Blue</b>	<b>450-495 nm</b>	<b>606-668 THz</b>	<b>2.50-2.75 eV</b>
<b>Green</b>	<b>495-570 nm</b>	<b>526-606 THz</b>	<b>2.17-2.50 eV</b>
<b>Yellow</b>	<b>570-590 nm</b>	<b>508-526 THz</b>	<b>2.10-2.17 eV</b>
<b>Orange</b>	<b>590-620 nm</b>	<b>484-508 THz</b>	<b>2.00-2.10 eV</b>
<b>Red</b>	<b>620-750 nm</b>	<b>400-484 THz</b>	<b>1.65-2.00 eV</b>

nm-nanometer  
THz-terahertz

The higher the frequency, the faster the oscillations, and thus, the higher the energy. Ultra violet light has the highest frequency, but the lowest wavelength. The highest frequency visible light is blue. The shorter the wavelength of light, the more it is refracted causing it to spread out. Hence the blue sky.

When planning meals, select a variety of natural colors that correspond to the different body chakras and organs that you want to strengthen or repair. The brighter the color naturally, the higher the amount of nutrients and frequency vibration in the food.

- Red - Root Chakra
- Orange - Sacral Chakra
- Yellow - Solar Plexus chakra
- Green - Heart Chakra
- Blue - Throat Chakra

Indigo - Third Eye Chakra  
Violet - Crown Chakra

**Food** is a substance that nourishes and promotes growth. If a substance does not nourish and promote growth, it is a pollutant to the body that should be avoided. Always use **organic** ingredients and avoid GMOs, refined sugar/carbs, damaged fats/oils, fluoride and other toxic chemicals, and drugs. Nourish your family and yourself with fresh, wholesome food that is vibrant in color, and as close to its natural state as possible.

**Vegetables** and **fruits** are an important part of any diet. Their flowers, fruits, leaves, roots, stalks, and seeds are a rich source of anthocyanins and other antioxidants, enzymes, fiber, minerals, phytonutrients, and vitamins. These nutrients help protect the immune system, slow down ageing, cleanse, and assist in maintaining a healthy gut microbiome and bowels. They are also anti-bacterial, anti-viral, and anti-ageing. Fruits are also Nature's natural sweets.

Select fresh, **organic seasonal**, well-shaped fruits and tender vegetables with dark, vibrant colors; either fresh or frozen. Frozen foods from reputable companies are a good option when fresh produce is not available. For high vibratory protein, choose quality pasture fed meat. To preserve enzymes and nutrients never over-cook, sear, or burn anything.

Last but not least, include on a daily basis, pure (NO fluoride), restructured or spring water; a colorful raw salad; a variety of colorful fresh fruits and steamed vegetables for your blood type. In cooler weather, each week, make a big pot of colorful homemade soup with bones and herbs. Grow your own organic vegetable and herb garden and fruit trees.

For recipes go to: <http://www.NourishingBasics.com>

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