

ART & DECOR FOR YOUR NEUROBIOLOGY

The Kitchen & Dining Room

The Science

The **cephalic phase of digestion** begins with the eyes. Colors like Ochre, Olive, and Deep Red can actually stimulate appetite and the production of salivary enzymes.

IMPLEMENTATION: Warm

The kitchen is the only place where your brain actually appreciates "arousal" colors like warm oranges, reds, and yellows. These colors trigger the cephalic phase of digestion.

Biophilic Design

Use art that features "biophilic" elements (plants, fruit, or landscapes). This lowers cortisol, and lower cortisol leads to better nutrient absorption.

WHY YOUR ART & DECOR MATTER

Your brain is constantly scanning your environment to determine if you are safe, alert, or tired. Through neuro-aesthetics, we know that certain color wavelengths impact the endocrine system, heart rate, and cortisol levels. This guide helps you apply your Color Protocol results to your physical world.

NEW
NEW
NEW
NEW

GOALS:

Digestion and sensory delight.

COLORS: Deep red, olive, ochre

ART:

Food, plant life, landscapes of farms, fruit trees.

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If your kitchen is small or naturally hot, your nervous system can become overstimulated; so watercolor art in sage green, soft blues, or "misty" neutrals can reduce the sense of clutter.

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ART MATTERS!

Evolutionarily, a clear view of a landscape meant you could spot resources (food/water) and threats from a distance. Viewing landscape art lowers cortisol (the stress hormone) because it mimics the feeling of being in a resource-rich environment.