

## ART & DECOR FOR YOUR NEUROBIOLOGY

### The Kitchen & Dining Room

# 1

#### 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.

# 2

#### 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.

# 3

#### 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.