

Cat Chatter

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COLOR POWER

I love those commercials for the Balance of Nature ads I see on TV. They briefly touch on the importance of getting “color” into the body through the consumption of their fruit and vegetables supplements. Dried up powdery substances are no substitute for the real thing. However, the concept of getting a wide variety of color into one’s body for optimal health is hugely accurate. For example, did you know that the color yellow aids digestion and strengthens mental acuity? Have a hyperactive child in your midst? Shades of blue on a wall or the consumption of blue foods can help as blue sends a calm vibrational message to all body systems.

My book “Color Speak” offers clear, simple to understand aspects of color. Take the color quiz using the color patches enclosed with the book to see all areas of your life that are and aren’t working. Color Speak lists how certain colors can enhance and detract from physical, mental and emotional health. A must have resource book for every home health library.

