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The Seven Systems of Health

SYSTEM	ANATOMY	PHYSIOLOGICAL ACTIVITIES	CORE ISSUES	BALANCED LIFESTYLE	FOODS
THE SPIRIT	• Electromagnetic field • Energy meridians • Nervous system • Pineal gland	• Circadian rhythms • Cleansing • Light sensitivity and receptivity	• Connection • Purpose • Soul	• Sees everything happening for a reason • Knows their purpose • Connects to the meaning of life • Makes time for meditation and/or prayer	• Fasting and detoxification practices • No foods • Photons • Toxin-free foods
THE INSIGHT	• Brain • Eyebrows • Eyes • Forehead • Neurons • Neurotransmitters • Pituitary gland	• Mood balance • Sleep • Thought processing	• Intuition • Reflection • Visualization	• Balances intellect and intuition • Able to reflect, introspect, and quiet mind • Has even, stable moods • Sees the underlying meaning of situations	• Blue-purple foods • Caffeine • Chocolate/cocoa • Mood-modulating foods • Spices
THE TRUTH	• Cheeks • Chin • Ears • Mouth • Neck • Nose • Throat • Thyroid gland	• Chewing • Metabolism • Hearing • Smelling • Speaking	• Authenticity • Choice • Voice	• Is true to their authentic self • Speaks personal truths • Speaks and listens in equal measure • Expresses their creative self verbally	• Fruits • Juice • Sauces • Sea plants • Soups • Teas
THE LOVE	• Armpits • Arms • Blood vessels • Breasts • Hands • Heart • Lungs • Lymphatic system • Shoulders • Thymus • Wrists	• Breathing • Circulation • Oxygenation	• Compassion • Expansion • Service	• Is full of passion for a cause • Open to love without overdependence • Demonstrates emotional wisdom • Is generous and sharing, as well as is open to receiving	• Leafy vegetables • Microgreens • Phytonutrients • Sprouts • Vegetables (especially green)
THE FIRE	• Gallbladder • Liver • Pancreas • Small intestine • Stomach	• Assimilation • Biotransformation • Blood sugar balance • Digestion	• Balance • Energy • Power	• Is sparked by goal-setting and achieving • Strives to do best without "doing it all" • Doesn't take work home, makes time for play • Feels energized by life	• Dietary carbohydrates • Healthy sweeteners • Legumes • Soluble fiber • Whole grains • Yellow-colored foods
THE FLOW	• Bladder • Hips • Kidneys • Large intestine • Ovaries/Testes • Reproductive system • Sacrum	• Cellular replication • Fat storage • Reproduction • Water balance	• Creativity • Emotions • Relationships	• Goes with the flow • Creates in all aspects of life • Is comfortable with their sexual identity • Cultivates healthy partnerships	• Dietary fats and oils • Fermented foods • Fish and seafood • Nuts and seeds • Orange-colored foods • Tropical foods • Water
THE ROOT	• Adrenal glands • Blood cells • Bones • DNA • Feet • Immune system • Joints • Legs • Muscles • Rectum • Skin • Tailbone (Coccyx)	• Enzyme activity • Flight-or-fight response • Gene expression • Protein production	• Safety • Survival • Tribe	• Belongs to a strong and stable network • Feels safe in home environment • Listens to one's innate instinct when it comes to food choices • Is present and centered in the body	• Dietary proteins • Immune-enhancing foods • Insoluble fiber • Mineral-rich foods • Red-colored foods • Root vegetables