

Inner Healing Academy

Courses & Coaching

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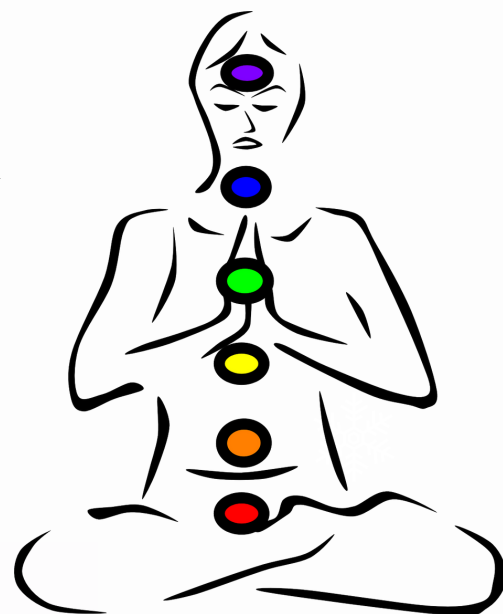


Healing with Color

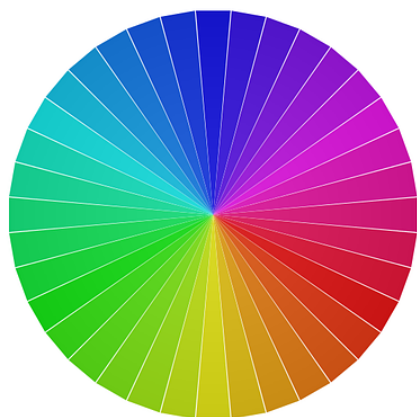
Much has been written about the healing properties of sound and touch but the healing properties of color are not so widely discussed.

Each color vibrates on a different wavelength. Red vibrates on the longest wavelength with a low frequency and violet on the shortest wavelength with a high frequency. When all the waves are seen together, they create white light. White is not colourless but is full of all the colors.

Color works as a therapeutic agent because it is essentially light appearing as different colors and the light energy radiates out from the colors. The radiated energy has an effect upon our body's cells, being absorbed directly through your skin and eyes and your own energy field. The 7 major chakras (energy vortexes) of our bodies are associated with 7 different colors.



There are many ways in which you can apply the use of color such as wearing clothes of a particular color, meditating whilst visualizing a color, using a light box with colored filters to direct certain colors onto specific parts of your body. Breathwork used in conjunction with color therapy has proved particularly effective.

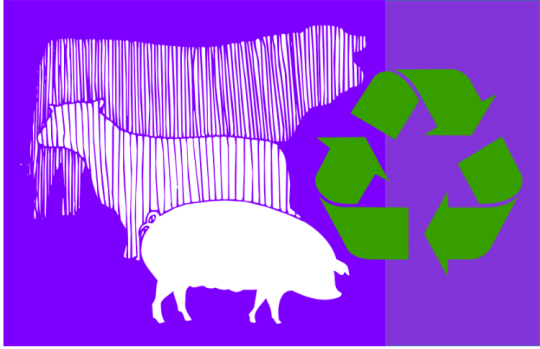


Each color has a specific healing property:

- Red** - Instills a feeling of security and stability
- Orange** - Revitalizes and encourages creativity
- Yellow** - Boosts your self-confidence and self-esteem
- Green** - Brings peace and an ability to give and receive love
- Blue** - Strengthens self-expression and communication skills
- Purple** - Develops your imagination and intuitive skills
- White** - Enhances beauty and encourages connection with the Divine

So when you are next in need of a boost, try color therapy. It's inexpensive, easy to do at home and has no unpleasant side effects!

No meat? Where will I get my protein?

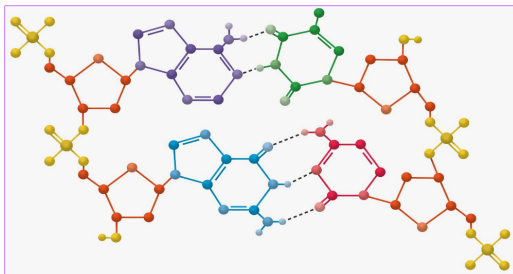


One of the most common questions posed by those considering reducing their intake of meat is “**Where will I get my protein?**” There is this mistaken belief that protein is only to be found in animal products. In fact, animals get their protein from the plants they consume. So when you eat meat you are eating recycled protein. Did you know that the largest and strongest animals, like gorillas, buffalo, elephants and rhinos are herbivores? They get all their protein from plants and have no problem building large muscles and staying healthy.

Protein is made by plants. It's made from nitrate which is a form of nitrogen that has been fixed by microorganisms. Protein is comprised of lots of amino acids that are joined end to end. It is found in every vegetable, fruit, grain, seed, nut and herb. Contrary to popular belief, there is certainly no lack of protein in the plant kingdom.



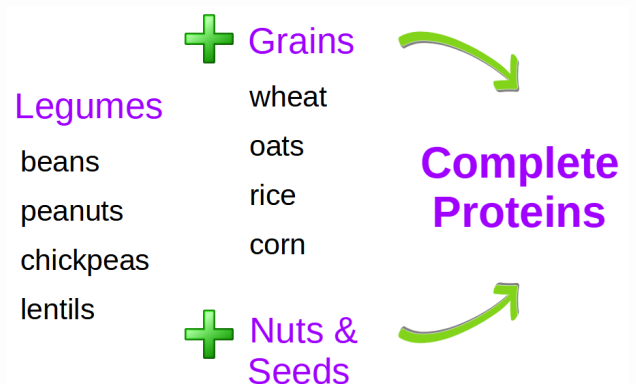
What about amino acids?



There are 20 different amino acids that can form a protein. Your body makes some of these amino acids naturally but there are 9 which you need to obtain via your diet; these are known as **essential amino acids**. All 9 are available in the plant kingdom but not necessarily always in the same plant. So, it is not good to eat only one type of vegetable because this will not provide you with all 9 amino acids. You need to eat a variety of plants to ensure you are getting your full complement.

Plants which contain all 9 amino acids are known as **complete proteins**. Here are some of those plants: chia, quinoa, soy, buckwheat, amaranth, hemp seed and nutritional yeast. Other plant-based foods provide some of the essential amino acids but not all 9 in the same plant but there is no need to worry about how you will know which amino acids are in which plants as there is a very easy way to ensure you consume all 9 essential amino acids and that is to combine proteins in a complementary manner.

Complementary proteins are those proteins which, when combined, give you all 9 essential amino acids. When legumes like beans, peanuts, chickpeas and lentils are combined with grains like wheat, oats, rice and corn you will have complete proteins or when legumes are combined with nuts and seeds, you'll have complete proteins. Note that you do not need to consume all 9 essential amino acids every time you eat. Variety is the key! Eat a variety of plants throughout the day then you'll be sure to get ample amounts of each amino acid.



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Inner Healing Academy
Hosted by Dr Kim Benson: Educator, Author, Coach