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The Secret Powers Of Colorful Foods: Enhancing Trust, Sensuality, Self-confidence, Love, Forgiveness, Intuition and Spirituality

Patricia Dennis, Charlotte Lyons

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It's a revolutionary guide to selecting foods by color that helps transform negative feelings into positive ones. Delicious, easy recipes and inspirational thoughts are included.

You Won't Look At Fruits And Vegetables The Same Way Again!

Beets for feeling safe and secure. Yams for sexuality. Pineapples for self-worth. Broccoli for forgiveness and compassion. Broth to express true feelings. Blueberries to trust your intuition.

In addition to pleasing our taste buds and supplying nutrients to the physical body, fruits and vegetables can affect feelings, attitudes, thoughts and emotions. *The Secret Powers Of Colorful Foods* shows you how to select food by its color to enhance your mental and emotional well-being.

Patricia Dennis, certified hypnotherapist, educator and writer, and Charlotte Lyons, author, culinary consultant and former Food Editor of EBONY magazine, share the secret communication between the colors of fruits and vegetables and the different energies that support us psychologically and spiritually.

- Each chapter features a different food color and its influences.
- For each particular color, you'll find recipes, exercises, affirmations and fascinating food trivia.
- Beautiful illustrations and photos help make *The Secret Powers Of Colorful Foods* easy to understand.
- You'll even learn how to throw your own *Rainbow Foods Party*, complete with *Rainbow Broth*, *Rainbow Shooters*, appetizers and a card game!

"Everyone needs to read this book. It makes you feel so empowered." -- Reenah M., St. Paul, Minnesota

"It's seeing fruits and vegetables in a whole other dimension." -- Anne R., South Pasadena, California

"I love the presentation of the book. It's easy to understand and the recipes are simple and delicious." -- Sarah J., Atlanta, Georgia

"I always knew colorful foods were good for my health. I didn't know they could help with my happiness too." -- John C., Chicago, Illinois

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