








The Seven Systems of Full-Spectrum Health

SYSTEM	ANATOMY		PHYSIOLOGICAL ACTIVITIES	CORE ISSUES	BALANCED LIFESTYLE	FOODS	
 THE SPIRIT	<ul style="list-style-type: none"> • Electromagnetic field • Energy meridians • Nervous system • Pineal gland 		<ul style="list-style-type: none"> • Circadian rhythms • Cleansing • Light sensitivity and receptivity 	<ul style="list-style-type: none"> • Connection • Purpose • Soul 	<ul style="list-style-type: none"> • Sees everything happening for a reason • Knows their purpose • Connects to the meaning of life • Makes time for meditation and/or prayer 	<ul style="list-style-type: none"> • Fasting and detoxification practices • No foods • Photons • Toxin-free foods 	
 THE INSIGHT	<ul style="list-style-type: none"> • Brain • Eyebrows • Eyes • Forehead 	<ul style="list-style-type: none"> • Neurons • Neurotransmitters • Pituitary gland 	<ul style="list-style-type: none"> • Mood balance • Sleep • Thought processing 	<ul style="list-style-type: none"> • Intuition • Reflection • Visualization 	<ul style="list-style-type: none"> • Balances intellect and intuition • Able to reflect, introspect, and quiet mind • Has even, stable moods • Sees the underlying meaning of situations 	<ul style="list-style-type: none"> • Blue-purple foods • Caffeine • Chocolate/cocoa 	<ul style="list-style-type: none"> • Mood-modulating foods • Spices
 THE TRUTH	<ul style="list-style-type: none"> • Cheeks • Chin • Ears • Mouth • Neck 	<ul style="list-style-type: none"> • Nose • Throat • Thyroid gland 	<ul style="list-style-type: none"> • Chewing • Metabolism • Hearing • Smelling • Speaking 	<ul style="list-style-type: none"> • Authenticity • Choice • Voice 	<ul style="list-style-type: none"> • Is true to their authentic self • Speaks personal truths • Speaks and listens in equal measure • Expresses their creative self verbally 	<ul style="list-style-type: none"> • Fruits • Juice • Sauces • Sea plants 	<ul style="list-style-type: none"> • Soups • Teas
 THE LOVE	<ul style="list-style-type: none"> • Ampits • Arms • Blood vessels • Breasts • Hands • Heart 	<ul style="list-style-type: none"> • Lungs • Lymphatic system • Shoulders • Thymus • Wrists 	<ul style="list-style-type: none"> • Breathing • Circulation • Oxygenation 	<ul style="list-style-type: none"> • Compassion • Expansion • Service 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Leafy vegetables • Microgreens • Phytonutrients • Sprouts • Vegetables (especially green) 	
 THE FIRE	<ul style="list-style-type: none"> • Gallbladder • Liver • Pancreas 	<ul style="list-style-type: none"> • Small intestine • Stomach 	<ul style="list-style-type: none"> • Assimilation • Bio-transformation • Blood sugar balance • Digestion 	<ul style="list-style-type: none"> • Balance • Energy • Power 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Dietary carbohydrates • Healthy sweeteners • Legumes 	<ul style="list-style-type: none"> • Soluble fiber • Whole grains • Yellow-colored foods
 THE FLOW	<ul style="list-style-type: none"> • Bladder • Hips • Kidneys • Large intestine 	<ul style="list-style-type: none"> • Ovaries/Testes • Reproductive system • Sacrum 	<ul style="list-style-type: none"> • Cellular replication • Fat storage • Reproduction • Water balance 	<ul style="list-style-type: none"> • Creativity • Emotions • Relationships 	<ul style="list-style-type: none"> • Goes with the flow • Creates in all aspects of life • Is comfortable with their sexual identity • Cultivates healthy partnerships 	<ul style="list-style-type: none"> • Dietary fats and oils • Fermented foods • Fish and seafood • Nuts and seeds 	<ul style="list-style-type: none"> • Orange-colored foods • Tropical foods • Water
 THE ROOT	<ul style="list-style-type: none"> • Adrenal glands • Blood cells • Bones • DNA • Feet • Immune system 	<ul style="list-style-type: none"> • Joints • Legs • Muscles • Rectum • Skin • Tailbone (Coccyx) 	<ul style="list-style-type: none"> • Enzyme activity • Flight-or-fight response • Gene expression • Protein production 	<ul style="list-style-type: none"> • Safety • Survival • Tribe 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Dietary proteins • Immune-enhancing foods • Insoluble fiber 	<ul style="list-style-type: none"> • Mineral-rich foods • Red-colored foods • Root vegetables