



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistc Healthcare

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## PHYTONUTRIENTS Therapeutic Color Foods



Phytonutrients are a category of nutrients specific to plant derived foods that are health protective.

Phytonutrients are a different stratification and classification of nutrients than the older yet valid categories of vitamins, minerals (both of these groups are micronutrients), and the macro nutrient categories: proteins, carbohydrates, and fats.

Phytonutrients are health-promoting biochemical substances generally found in plants including fruits, vegetables, whole grains, nuts and seeds, mushrooms and edible fungi, beans and

legumes, edible flowers, and herbal medicines. In my office I have large posters graphically depicting the beauty of these food categories.

It is important to constantly rotate your food choices from a wide variety of natural unprocessed foods and to include the whole spectrum of naturally occurring colors in your food intake. In this way your body can source the broad diversity of micronutrients, macro- nutrients, and phytonutrients that it requires to thrive and excel.

Various categories and combinations of phytonutrients have been proven to assist your body in numerous ways. ([\*Marcus, Jacqueline B., Vitamin and Mineral Basics: The ABCs of Healthy Foods and Beverages, Including Phytonutrients and Functional Foods 2013\*](#)) These include but are not limited to, protecting cellular components, rebuilding damaged cells and tissues, minimizing inflammation, and supporting functions of many organs including the eyes. Various researchers and studies have shown a relationship to increased immunity, diminished risk of various cancers, protection of blood vessels throughout the body as well as improved cardiac function, protection against many degenerative diseases including Alzheimer's, diabetes, cancer, heart disease, glaucoma, cataracts, macular degeneration, and osteoporosis. Diets rich in unadulterated and unprocessed macronutrients (protein, carbohydrates, and healthy dietary fats) are neuroprotective and give



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strength and endurance to the brain, spinal cord, and peripheral nerves throughout the body ([Monjotin, N., Amiot, M. J., Fleurentin, J., Morel, J. M., & Raynal, S., Clinical Evidence of the Benefits of Phytonutrients in Human Healthcare 2022](#)).

Here is a concise “taste” of which phytonutrients may be found by eating foods of specific colors. Referring to the [edible color therapy chart](#) will give you a wonderful resource and numerous ideas about how you can eat the rainbow of phytonutrients.

- Red foods provide anthocyanidins, capsaicin, lycopene, and quercetin.
- Orange foods provide various carotenes, hesperidin, lutein, zeaxanthin.
- Yellow foods also have various carotenoids, curcumin, hesperidin, lutein, zeaxanthin.
- When you eat deep green foods you are likely consuming epicatechins, flavonoids, lutein, sulforaphane, and zeaxanthin.
- Feasting on blue, indigo, violet, or black foods can help fill your body with anthocyanidins, ellagic acid, flavonoids, proanthocyanidins, and resveratrol.

I did not include black foods and white/brown foods on the [edible color therapy chart](#) since those are not typically included in color therapy. But I will list for you foods considered to be black even though they may be dark purple. These include:

- Black beans, blackberries, black currants, black mushrooms, black peppercorns, black rice, black seed- nigella sativa, black sesame seeds, black tea, seaweed: arame, nori, wakame, and wild rice.
- White and brown foods are grouped together since many times a brown outer covering will be over the white color such as with nuts, many seeds, several mushrooms, even eggs. For the white and brown category, the following foods are included:
- Daikon radish, and eggs. Grains including amaranth, brown rice, oats, millet, quinoa, sorghum, and teff. Icicle radish, jicama, parsnips, milk and dairy products, mushrooms, and nuts including cashews, filberts, pecans, walnuts, and seeds including hemp and white sesame seeds.

By studying the [edible color therapy chart](#), chapter 5 in [YOUR AGING BODY CAN TALK](#), and the linked articles you will have a rich bank of information for improved nutritional intake.

Remember to eat a variety of organic unprocessed foods and naturally occurring colors in your diet.

Be well,

*Dr. Susan L. Levy*