



RED COLOUR ENERGY® (CE) RECOMMENDATIONS

COLOUR THERAPY:

- CE's RED COLOUR BATHS®
- CE's RED Therapy Glasses
- CE's RED Chakra Silk Scarf
- RED Clothing: Pants, skirts, socks, dresses, underwear, shoes, belts
- CE's RED Silk Eye/Body Pillow
- CE's RED Chakra Beeswax Candles
- CE's RED Mooladhara Incense

COLOUR ENERGY ESSENTIAL OILS:

- Benzoin
- Black Pepper
- Cinnamon Leaf
- Clove Bud
- Juniper Berry
- Sandalwood
- Spikenard
- Spruce, Black
- Vanilla
- Vetivert
- Ylang Ylang
- CE's RED Chakra Blend
- CE's Chi Therapy Blend
- CE's RED "Get Up & Go" Diffuser Mix
- CE's RED Canadian Blend

FLORAL WATERS (HYDROSOLS):

- Sandalwood

ALCHEMY ESSENCES:

- RED Chakra Light Essence & Pendant
- Serpent Rainbow Essence Spray
- RED Chakra Light Massage Oil
- RED Crystal Light Spiritual Spray
- White Light Spiritual Spray
- Aura Cleanser Spray

FOODS:

- Protein: Meat, beans, tofu, soy, hemp and nuts
- Fruits: Blood oranges, cherries, cranberries, pomegranates, raspberries, RED apples, RED grapefruit, RED grapes, RED pears, RED plums, rhubarb, Saskatoon berries, strawberries, watermelon
- Vegetables: Beets, RED cabbage, RED chili peppers, RED onions, RED peppers, RED potatoes, radishes, spinach, tomatoes, watercress
- Other Foods: Fatty acids

HERBS/SPICES/VITAMINS/MINERALS:

- Cayenne Pepper
- Chili, Black & RED Pepper
- Cinnamon
- Clove
- Echinacea
- Garlic
- Ginseng
- Horseradish
- Juniper
- Vanilla
- Vitamin B
- Iron
- Zinc

TEAS:

- Cinnamon
- Cherry, Raspberry, Strawberry
- Cranberry
- Echinacea
- RED Zinger
- Spicy or Vanilla Chai
- Hibiscus

GEMSTONES/METALS:

- Bloodstone
- Cinnabar
- Fire Opal
- Garnet
- RED Jasper
- RED Tiger's Eye
- Ruby
- Spinel
- Zircon

MUSIC:

- RED Song – Through The Rainbow CD
- C-Note Tuning Fork
- Crystal Light Therapy CD
- Drumming or percussion
- Primal music
- Rock, Latin American

EXERCISES:

- Tibetan Five Rites
- Hatha & Kundalini Yoga
- Physical activity such as running
- Dancing
- Good night sleeps
- Hip rotations
- Bouncing on an exercise ball

- Anchoring and releasing cords
- Gardening
- Pottery and clay

PHYSICALLY:

- Adrenal Gland
- Bones
- Buttocks
- Feet
- Hips
- Knees, Legs
- Rectum, Anus
- Reproductive System (Vagina/Prostate)
- Spine & Spinal Column
- Teeth

TREATMENTS:

- RED Chromalive Treatment
- RED Hand/Foot Bath
- RED Foot Reflexology
- RED Massage
- Chiropractic Adjustment (Hips)
- RED Pedicure

NUTRITIONAL SUPPORT:

- Omega-3 for inflammation, fibromyalgia, arthritis, rheumatism, hyperactivity, anti-clotting, prostate problems, circulatory system
- Serra-Peptidase for inflammation* of the joints, hips & from injury, arthritis, rheumatoid or osteo-arthritis, circulation problems (varicose veins), back pain, enlarged prostate
**Use to treat any RED in the Aura.*
- Tri-Salt for dehydration,* constipation, edema, bone & joint pain, obesity, exhaustion, apathy, fatigue, lethargy, adrenal gland fatigue, leg/foot cramps, circulation, depression, fatigue, SAD, osteoporosis, irritability
**Use to treat any GREY in the Aura.*

MISCELLANEOUS:

- Heavenly Scent Aromatherapy Diffuser
- Dead Sea Salts with RED eliminating oils such as Juniper
- Full Spectrum LifeBulbs™
- Chakra Gemstone Kit
- RED Tiger's eye Chakra Earrings, Chakra Jewellery & Chakra Light Pendant

AFFIRMATION:

I exist and I have the right to have what I need and confidence to manifest all of my dreams into reality. I am safe and secure in who I am and the relationship I have with my body. I am who I am. I love all of me! I am.

OTHER SUGGESTIONS: