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Raise Your Vibrations by eating These Reiki Rich Foods

The practice of Reiki healing in foods has been practiced since ancient times. It is used to rebalance and enhance good moods while reducing stress and insomnia. Food plays a vital role in our lives, including nourishing our bodies, restoring energy, and maintaining overall well-being. But it does not stop there – food also affects our moods, energy, appearance, and even the aging process.

The energy healing practice of Reiki in food is just another excellent benefit to add to the list. For example, the leafy greens of lettuce are keen on being a natural tranquilizer, relaxing the muscles and releasing tension. Other uplifting foods like dates, quince, and elderberries are mood enhancers, encouraging happiness and inner peace. Take a look at all the Reiki rich foods that will surely clear the seven chakras and balance the stress of everyday life.

[Ginger](#)

Spices like ginger can boost the body's immune system and overall health. Ginger helps fight off infection and is very effective against oral bacteria linked to periodontitis and gingivitis. Both inflammatory gum diseases can promote healing when **ginger is consumed in dishes**, soups, and hot teas. The superfood is worth adding to your diet since ginger is loaded with nutrients and bioactive compounds, which benefit the body and brain. Gingerol, the main compound found in ginger, is loaded with antioxidants has a powerful anti-inflammatory effect on the body. Gingerol found in ginger may help reduce oxidative stress, which happens when many free radicals are present in the body. Through its concentrated nutrients, the root chakra's energy clears. The throat chakra also gets healed by soothing it, allowing communication to flow easily.

Include ginger and other superfoods that maintain a healthy body into a daily diet for the best results. The medicinal benefits are great since it fights against fevers, colds, sinuses, and even headaches. Try adding fresh ginger root (how much is your preference) to a raw food salad or tea with a squirt of lemon juice for extra antioxidants and a boost of vitamin c.

Spinach

Rich in iron, spinach, and many other **greens can energize the body, mind, and soul**. The dark green gives the brain a significant boost, keeping it sharp and focused. Naturally, an alkaline food, spinach, can alkalinize the body's PH balance, ultimately preventing cancer and other diseases. Spinach even helps keep the memory sharp while burning energy steadily throughout the day. Try eating spinach raw to benefit from the most nutrients, but steaming, simmering, and boiling is good enough (side note: make sure to thoroughly wash all veggies, fruits, beans, and herbs).

Honey

Exploding with antioxidants, honey is more than a sweet, gooey treat. This Reiki food's healing properties fight against the free radicals found in the body. Since free radicals are known to wreak havoc in the body by contributing to cancer, heart disease, and other health issues, honey fights them off. Honey is packed with high levels of pinobanksin, vitamin c, chrysin, pinocembrin, and catalase. All these antioxidants contribute to preventing and repairing cellular damage from free radicals, which can ultimately cause diseases.

Honey is also low on the glycemic index, keeping you fuller longer. This can be a breakthrough to possible weight loss when added to a cup of tea or a bowl of granola.

When talking about honey as a healing property, keep in mind there are many options. Depending on whether it has been processed may affect the outcome. It is worth considering raw honey for the best results. Since the healthy enzyme called amylase is removed when regular honey is filtered, it is recommended that raw honey is used. It is better in the sense it has not been burned, filtered, or pasteurized, giving you the most health benefits.

Meats

The root chakra sits at the bottom of the spine and connects us to the physical world. If it experiences an imbalance, it could give off feelings of anxiousness, stress, and being unsafe. Try getting grounded with red meats, an excellent source of protein. Red meats will feed the body fuel and bring a sense of calmness and focus. Other energy healing protein-rich foods like lean meats, spices, paprika, cayenne, nuts, beans, eggs, and horseradish will heal the root chakra's blockages.

Carrots

Root vegetables like carrots grow deep in the ground, absorbing high amounts of vitamins and nutrients. The rich soil carrots grow in have loads of beta-carotene, vitamin c, folate, and antioxidants, giving us optimal health. Consuming carrots will promote healing and root support when it comes to the first chakra. It is the most common chakra to have weaknesses or blockages. It controls our instincts, survival, fear, and fight-or-flight reaction. It also promotes our feet, legs, and foundation. Signs of an imbalanced root chakra may include leg and foot problems, issues with the digestive system, and gastro complications. It also causes emotional imbalances, causing feelings of insecurity, fear, or loneliness. Other **Reiki energy healing root vegetables** include sweet potatoes, onions, beets, ginger, parsnips, rutabaga, and turmeric.

Apricots

The sacral chakra is all about our emotional side. It oversees our passions, pleasures, intimacy, creativity, and connection. To help rebalance lack of confidence, depression, back pain, lack of drive, and stifled creativity, consume more apricots. This stone fruit not only improves eye health but also promotes gut health and is low in calories. Apricots are also very rich in nutrients, packed with vitamin A, C, and E, fiber, potassium, fat, protein, potassium, and antioxidants called flavonoids. These flavonoids are catechins, chlorogenic acids, and quercetin, which protect against heart disease and diabetes. When these compounds work together, they neutralize

any free radicals found in the body. These can damage the cell and cause oxidative stress. Talk about a great superfood!

Salmon

A favorite choice for heart support and eye health, **salmon** not only tastes fantastic, but it is also boasting with nutrients. Each serving of salmon contains a significant amount of omega-3 fatty acids, which can lower blood pressure, reduce the chance of a heart attack or stroke, and reduce triglycerides. The omega-3 fatty acids could even reduce the plaque in the arteries by slowing down the development process.

Cure the second chakra if you have been experiencing physical blockages like back pain or emotional imbalances like stifled creativity, lack of drive, or loss of confidence. Get back into balance by eating more salmon and other omega-3 food like walnuts, almonds, and sesame. A quick way to get the sacral chakra back into balance is to drink plenty of water and stay hydrated. The cold water fish is packed with vitamin B12, the key to healthy nerves and red blood cells. Salmon is also an excellent source of vitamin B6, needed for the proper functioning of the immune and nervous systems. Vitamin D can be found naturally in salmon and the essential mineral selenium, necessary for optimal fertility and immunity.

Get the freshest food for your healing energy with **Dinner Delivery**. With more than 35 meals that rotate every week, cleansing the chakras will be easy, delicious, and fun. Sign up today to receive your first week's meals in no time.

By [Lawrence Martineau](#) | August 16th, 2021 | [Blog](#) | [0 Comments](#)

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