

ANTECEDENTS

The Rainbow Diet is not only foods that we are eating but also how we eat the food -- having a colorful relationship with foods

TRIGGERING EVENTS

Watch the "routines" and "ruts" that keep us from cultivating the spectrum of diversity in diet

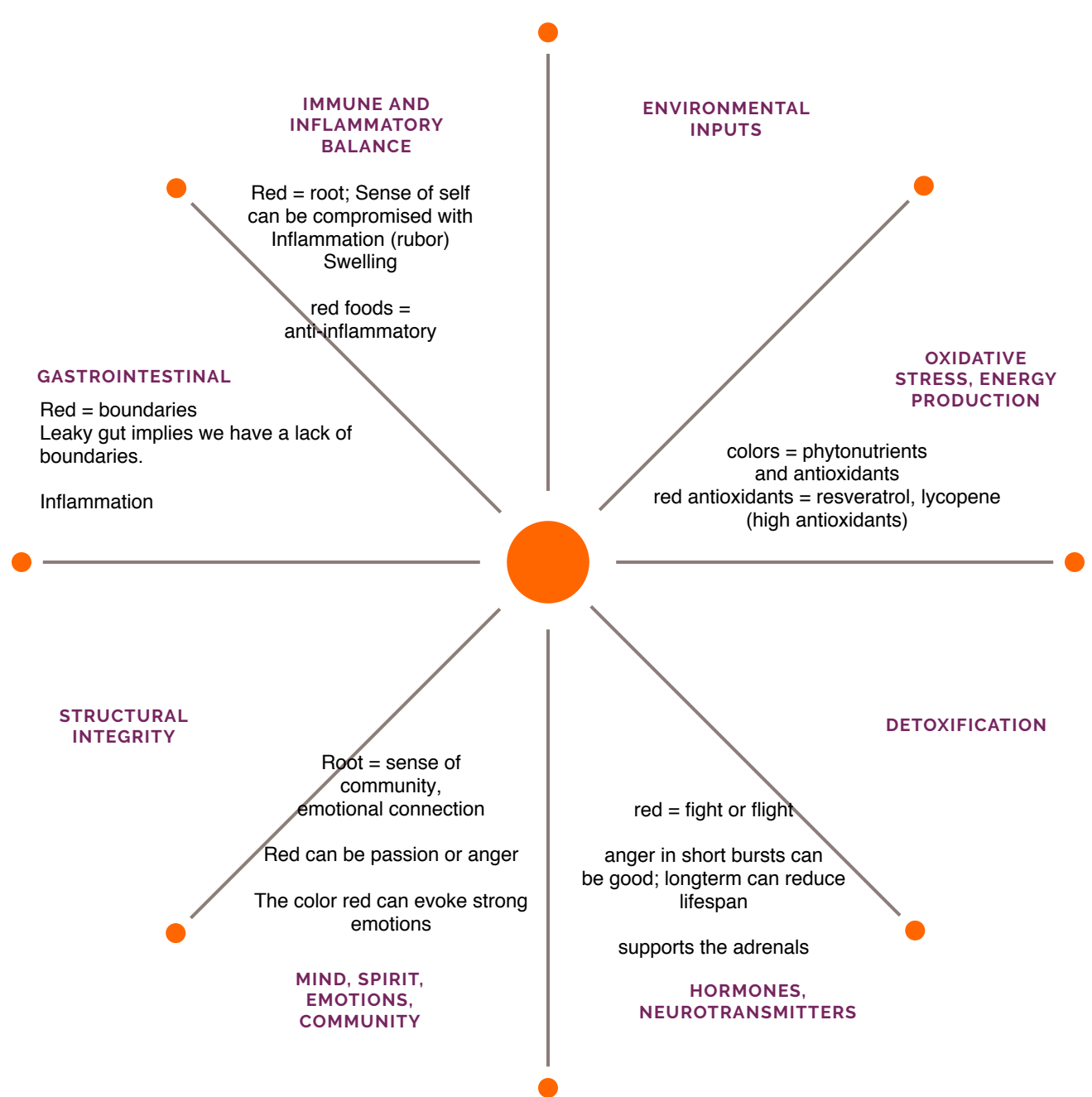
Shake it up to keep from the ruts that prevent us from healing

MEDIATORS

Get deep and immersed in our bodies and be there fully to have healthy relationships with food and those around us

Red root = get connected to the earth (forest bathing)

"Saying 'no' is one of the best forms of self-care"



SLEEP/RELAXATION

EXERCISE/MOVEMENT

Healing power of nature = forest bathing, grounding.

NUTRITION/HYDRATION

Red= stable, grounded, + Protein is very grounding; + Minerals are stabilizing

Highest containing Vitamin C foods are red; choose a diverse diet - play with different foods

STRESS/RESILIENCE

"Saying 'no' is one of the best forms of self-care"

RELATIONSHIPS/NETWORKS

Develop a relationship with the BODY in order to foster healthier relationships with others