



The Rainbow Diet: Unlock the Ancient Secrets to Health Through Foods and Supplements

Deanna M. Minich PhD CN

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What and how we eat can heal, brighten, balance, and strengthen parts of us that need physical, emotional, and spiritual nourishment. In *The Rainbow Diet*, nutritionist and mindbodygreen blogger Dr. Deanna Minich shows us how to eat for mind, body, and spirit health by making the right food and supplement choices. She brings together ancient energy healing and modern science to provide a personalized, color-coded system to help readers find their way to the “inner rainbow” of optimal health.

Readers begin by taking a questionnaire included in the book to assess each of their seven systems of health with results leading them further into the areas where they need help. For example, if you’re feeling anxious or ungrounded, you will be directed to read about “root” issues and will find foods that heal ailments related to the root chakra (associated with the color red) such as beets, tomatoes, strawberries, pomegranates, apples, edible mushrooms, and root vegetables.

For each energy center, affirmations and other practices are also offered, as are meal plans, supplements, and recipes. Lists, charts, and diagrams help readers easily pinpoint their "issues," and the various prescriptive options are all clearly explained. This is about food as energy medicine.

Dr. Minich helps readers crack their inner “rainbow code” to feel and look vibrant and healthy, inside and out.

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