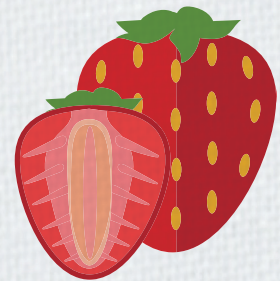


# Power of Picking





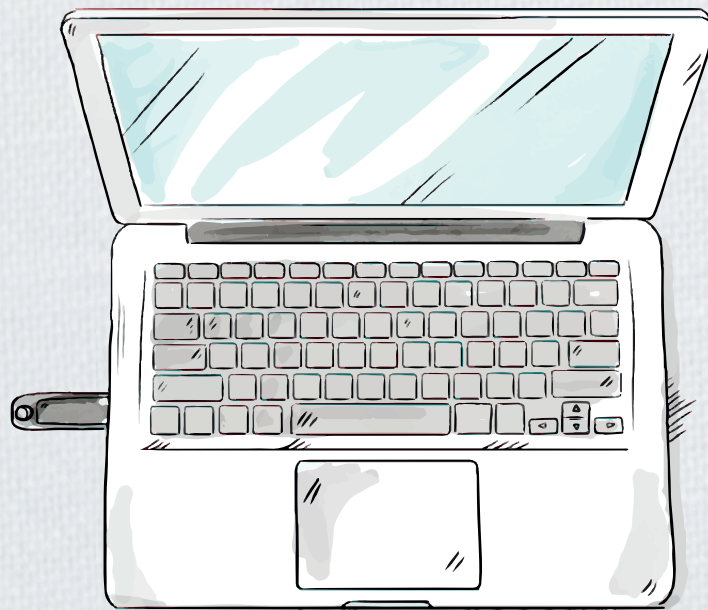
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# JOURNAL

Think of foods you eat most frequently:

**HOW THE CHOICE IN THESE FOODS CAME ABOUT.**

FAMILY, FRIENDS, CULTURAL?



## PLEASURABLE ASSIGNMENT:

Pick a street market of choice, go without any lists, **WITHOUT A RUSH.**

Give yourself time to stroll through with leisure.



LISTEN TO YOUR INTUITION:

*WHICH SMELLS AND COLORS ARE  
ATTRACTING YOUR ATTENTION?*



## CHOOSE COLOR!

Select a rainbow: the color is not just for appearance, but rather phytochemicals behind (think co-evolution).

**DEEP GREENS:** Chlorophyll, Carotenoids, Omega-3, Folate, Iron, ANTICANCER.

**REDS:** Antioxidants, Anti-inflammatory (lycopene).

**PURPLE/BLUES:** Anthocyanin - healthy heart & lower blood pressure.

**YELLOW, ORANGES:** Beta carotene. Lutein - healthy eyes/immune system functioning.

**BROWN, WHITE:** Allicin - antiviral and antibacterial.

Which VEGETABLES or GREENS  
resonate with you, making you feel their  
healthy vibration?

Allow yourself to TOUCH and SMELL  
some of the fruits and vegetables.

GO WITH THE FIRST INSTINCT.  
Don't question.

JUST BUY WHAT FEELS RIGHT.

**IMBODY**  
WELLNESS

