Chakra's & Body Systems

Integumentary/Skin System
- Hair, skin, and nails
- Protects our individuality
- Affirmation: “I feel safe to be me.”

Essential Oils
- Carrot Seed Oil, Myrrh, Lavender, Lemon, German Chamomile, Sandalwood, Frankincense, Tea Tree, Helichrysum, Geranium, Cedarwood, Claraderm, Melrose & Sandalwood Lotion.

Endocrine System
- Hypothalamus, pituitary gland, thyroid, adrenal glands, penis, testes, ovaries & vagina.
- Humiliation. Affirmation: “I move beyond old limitations and now allow myself to express freely & creatively.”

Essential Oils
- Myrtle, Clary Sage, Frankincense, Idaho Blue Spruce, Goldenrod, EndoFlex, Hong Kuai, Ylang Ylang, Progressence Plus, Shutran, SolarEssence, Lavender, Stress Away, Nutmeg, En-R-Gee, Cedarwood, & Lady Sclareol.

Supplements

Food

Herbs/Spices
- Oregano, Turmeric, Cacao, Red Clove, Cloves, Birch Bark & Cinnamon.

Fitness
- Yoga & Aerobic Exercise.

Gemstones
- Moonstone, Yellow Sapphire, & Citrine.

Lymphatic/Immune System
- A secondary circulatory system that helps the body fight pathogens and maintain its fluid balance parts: lymph nodes, tonsils, Thymus, & spleen.
- Affirmation: “I am now totally centered in joy of being alive, I flow with life, peace of mind is mine.”

Essential Oils

Supplements

Food

Herbs/Spices
- Echinacea, Ginseng, Garlic, Bell Peppers, Ginger, Turmeric, Ginkgo Biloba, Ganoderma, & Astragalus.

Fitness
- Rebounder Yoga, Dry-Brushing, Walking.

Gemstones
- Amber, Amethyst, Ametrine, Aquamarine, Calcite, Emerald, Lepidolite, Aragonite, Chalcedony.
### Skeletal System
The hard structures (bones & cartilage) that provides a frame for the body & organ system that creates movement (muscles & tendons). Also regulates body temperature & protects the body.

### Essential Oils
- Copaiba, Valor, Relieve It, Wintergreen, Deep Relief, Lemongrass, PanAway, Aroma Siez, Black Pepper, Balsam Fir.

### Supplements
- BLM, Mega Cal, Sulfurzyme, Ningxia Red, Alkalime, Vitamin D, Glucosamine, Vitamin C (Super C).

### Food
- Water, Celery, Yogurt, Chia Seeds, Eggs, Sardines, Fatty Fish.

### Herbs/Spices
- Comfrey (Bugle), Turmeric, Ginger, & Paprika.

### Fitness
- Aerobic Exercise, Swimming, CrossFit, Burst Exercise, Rebounder.

### Gemstones
- Agate.

---

### Urinary System
Consisting of the kidneys, ureters, bladder, & urethra, removes wastes from the blood & helps to maintain water & electrolyte balance. Anxiety. Affirmation: “I comfortabily & easily release the old & welcome the new in my life.”

### Essential Oils

### Supplements
- Ningxia Red, Mineral Essence, K&B.

### Food
- Water, Kidney Beans, Cranberries, Dark Colored Berries, Cranberry Juice.

### Herbs/Spices
- Red Clover, Echinacea, Birch Bark, Red Raspberry Tea.

### Fitness
- Yoga, Walking, Kegel & Aerobic Exercises.

### Gemstones
- Carnelian & Copper.

---

### Respiratory System
Responsible for breathing. Parts: Lungs, pharynx, larynx, trachea, bronchi, lungs and diaphragm. Depression. Affirmation: “I speak up for myself freely and easily, I love and approve of myself.”

### Essential Oils
- Eucalyptus, Peppermint, Raven, RC, Breathe Again, Frankincense, Dorado Azul, Balsam Fir, Pine, Cypress, Juniper, & Hyssop.

### Supplements

### Food
- Red Bell Peppers, Citrus Fruits and Juices, Papaya, Kiwi, Leafy Greens, Cabbage and Brussels Sprouts.

### Herbs/Spices
- Lungwort, Oregano, Plantain Leaf, Elecampane, Lobelia, Chaparral, Osha Root, Angelica, Eucalyptus Globulus, Hyssop, Cayenne, Garlic, Cinnamon.

### Fitness
- Yoga, Burst Exercise, Aerobic Exercise.

### Gemstones
- Sapphire, Lapis, Lazuli, Sodalite, Blue Agate.
Chakra's & Body Systems

Chakra/Location
Crown/Top Of The Head
Brain, Right Eye & Pineal.

Third Eye/Between The Eyebrows
Ears, Nose, Brain, Nervous System, Left Eye & Pituitary.

Throat/Throat Area
Lungs, Larynx, Alimentary Canal, Thyroid & Parathyroid.

Heart/Chest Area
Over The Heart, Heart, Blood, Vagus Nerve, Circulatory System & Thymus.

Solar Plexus/Between Navel & Rib Cage
Stomach, Liver, Gall Bladder, & Pancreas.

Sacral Or Navel/Slightly Below Navel
Reproductive System, & Spleen.

Root Or Base/Base Of Spine Or Bottom Of The Feet
Spinal Column, Kidneys & Adrenals.

Healthy Living Oils

Nervous System
The body's speedy, electrochemical communication system, consisting of all the nerve cells of the peripheral and central nervous systems.
Parts: Brain, Nerves, Spinal Cord.

Essential Oils
Cedarwood, Helichrysum, Palo Santo, Frankincense, Lavender, Peppermint, Marjoram, Ginger, Copaiba, PanAway, & Black Pepper.

Supplements

Food
Spinach, Einkorn, Garlic, Cacao, Liver, Beef, Power Meal & Balance Complete.

Herbs
Passion Flower, Fennel, Chamomile, & Gravel Root.

Fitness
Yoga & Walking.

Gemstones
Amethyst, Quartz, & Crystal.

Circulatory/Cardiovascular System
Consists of blood, heart, arteries, capillaries, and veins. Pumps blood to and from the heart to supply oxygen to the body.
Affirmation: "My heart beats to the rhythm of love, I allow Joy to flow."

Essential Oils
Cypress, Frankincense, Lavender, German Chamomile, Golden Rod, Ylang Ylang, Grapefruit, Peppermint, Aroma Life, Ginger, Geranium & Helichrysum.

Supplements
OmegaGize, Ningxia Red, Longevity, Rehemogen.

Food
Blueberries, Cranberries, Flaxseeds, Grapefruit, Celery, Tomatoes, Walnuts, Green Tea, Broccoli & Dark Chocolate.

Herbs
Plantain, Garlic, Peppermint, Capsicum, Hawthorn Berries.

Fitness
Yoga, Swimming, Walking.

Gemstones
Emerald, Aventurine, Jade, Malachite, Peridot.

Digestive System
Organs include oral cavity, esophagus, stomach, liver, gallbladder, pancreas, small and large intestine, and rectum.
Stuck in the past. Affirmation: "As I release the past, the new and fresh and vital enter. I allow life to flow through me."

Essential Oils
DiGize, AromaEase, Ginger, Peppermint, Frankincense, Nutmeg.

Supplements
Ningxia, Essentialzymes, Essentialzymes-4, Comfort Tone, ICP, Life 5, Balance Complete, Digest & Cleanse.

Food
Water, Yogurt, Kimchi, Whole Grains, Banana, Ginger.

Herbs
Black Walnut, Peppermint, Calendula Blossom.

Fitness
Yoga & Walking.

Gemstones
Citrine, Amber, Gold, & Topaz.
### Muscular System

**Muscular System Components:** Specifically, skeletal muscle tissue—muscle usually attached to bones (other muscle tissue include smooth and cardiac) and Tendons.

**Function:** Participates in body movements, such as walking; maintains posture, produces heat. 

**Affirmation:** “I experience life as a joyous dance.”

### Male Reproductive

**Components:** Testes and associated organs—epididymis, ductus, deferens, seminal vesicles, prostate and penis

**Functions:** Gonads release hormones that regulate reproduction and other body processes; associated organs transport and store sperm.

**Affirmation:** “I now allow the full power of my sexual principle to operate with ease and with joy.”

### Essential Oils

- Lemongrass, Marjoram, Aroma Siez, Peppermint, PanAway, Valor, Relieve It, Deep Relief, Cool Azul, Ortho Ease,
- Shutran, Idaho Blue Spruce, Ylang Ylang, Fennel, Peppermint, Black Pepper, Lemon, Jasmine, Valor, & Hong Kuai.
- PD 80/20, Prostate Health, Mineral Essence, EndoGize, OmegaGize.

### Female Reproductive

**Components:** ovaries and associated organs—uterine tubes, uterus, vagina and mammary glands.

**Functions:** Gonads release hormones that regulate reproduction and other body processes; associated organs transport and store gametes; mammary gland produces milk. Denial Of Self. 

**Affirmation:** “I rejoice in my femaleness. I love being a woman. I love my body.”

### Essential Oils

- Leafy Greens, Healthy Fats (Flaxseeds, Other Seeds & Avocado), Eggs, Lean Beef & Chicken, Tuna & Other Fish,
- Gravel Root.

### Supplements

- Figs, Oysters, Bananas, Fatty Fish, Broccoli & Other Cruciferous Vegetables.
- Red Raspberry Tea, Evening Primrose, Vitex, Red Clover.

### Food

- Yoga, Aerobic Exercise, Biking, Swimming.
- Yoga, Weight Lifting, Aerobic Exercise.
- Ruby Red Tigers Eye, Bloodstone, Garnet.

### Herbs

- Turmeric, Comfrey, Ginger, Garlic.
- Nettles, Red Clover, Gravel Root.
- Ruby Red Tigers Eye, Bloodstone, Garnet.