

# Eat the Colors of the Rainbow!

Marlenea La Shomb, N.D., LMT, P.Tr.

Dear Dr. Ma,

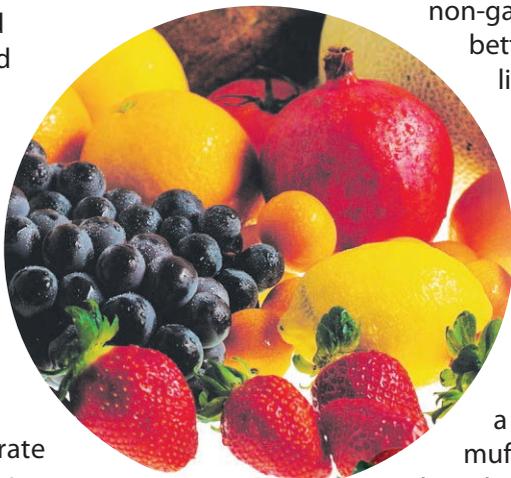
I am so confused about what to eat or what NOT to eat. Please help!

— Kathy

Dear Kathy,

**Keep it simple!** Eat the colors of the rainbow. Each color has something unique to feed your body, mentally and emotionally, as well as physically. What this looks like is all your whole-food fruits and vegetables and all the greens, with nuts, seeds and legumes (if your body can handle them).

Fresh is best. Dried is great. You can just rehydrate them to put the water back in. Frozen works. You can use any process without heat to seasonally preserve your food for year-round use. If it comes out of your garden, or can be sprouted on your windowsill, or comes from your neighbor's bush or tree, it's real food. On the other hand, if it comes out of a box or can, and has a list of additives and preservatives, with words you can't pronounce, and is made through man-altered processes, it's NOT what you need to repair, rebuild,



and repeat—to keep you healthy, to grow, or to maintain your ideal weight.

So ask yourself, what percentage of my daily food and liquid intake is what my CELLS need to be nourished, and what would THEY put in my grocery cart, if they could? Would it be 10% healthy vs. 90% unhealthy, or 25/75, or 50/50? If it's at 50%, you're halfway there! We are creatures of habit, which starts at birth where our parents set us up, and now YOU are in control every time you put something in. "Garbage in, garbage out" robs your body of what it needs. So the closer you can get to 100%

non-garbage, the better quality of life you'll have. It's your choice.

## SMOOTHIE RECIPE IDEAS:

Think of your favorite flavors in a blueberry muffin, a banana bread, an oatmeal-raisin cookie, or pineapple upside-down cake. Yet, leave out the colorless white flour, white sugar, the baking powder and soda, and leave out the eggs and dairy, and the heat of baking at 350°, which kills most of the vitamins, live enzymes, etc.

Instead, in a blender, add frozen blueberries, with fresh lemon and almond milk, or try your smoothie with fresh banana, cinnamon dates, and walnut milk. You can add fresh oranges with vanilla to make it



**Just Ask Dr. Ma**

taste like an Orange Julius!

Be creatively colorful and simply enjoy! ■

— Dr. Ma

Send your questions to Dr. Ma La Shomb, N.D., LMT, P. Tr., by text, along with your name & phone number, to (406) 224-5425. She passionately works as a health coach and writer for all who are ready to find harmony and balance in body, mind and soul through natural therapies and education.

## Gemstone Essence of the Month



**AQUAMARINE (MARCH)**—Brings a calm, quiet, clarity to an overactive mental body. Increases the ability to achieve a neutral, serene, state of mind. Helps create a mental oasis of cool, clear receptivity.



**DIAMOND (APRIL)**—Brings clarity to the 6th chakra. Helps us activate personal will in its highest form. Strengthens our ability to act in alignment with our Divine purpose.

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