

Raphaology® - Colors, Organs, Herbs, & Foods Chart

Color	Gland & Organ	Herbs	Foods
Mind <i>Gold</i>	Pituitary Gland Gallbladder Large & Small Brains Spleen Teeth, Sinuses Tonsils	Marigold (Calendula) Alfalfa Chamomile Witch Hazel Lemon Balm (Melissa) Blue Flag	Lemon Raspberry Avocado Grapes (red, blue, purple) Red Onion Leeks
Focus <i>Yellow</i>	Pineal Gland Inner Ear Liver Bones	Mustard Suma Leaves Hawthorne Leaves Marshmallow	Apricot Ginger Crook Neck Squash Barley
Self Identity <i>Green</i>	Thyroid Eyes, Olfactory Taste Buds Spinal Cord Nerves	Cayenne (Capsicum) Myrrh Red Beet Horseradish	Rosemary Broccoli Guava Passion Fruit
Motivation <i>Blue</i>	Nipples Heart, Lungs Respiratory Tract Lymph	American Ginseng Yerba Santa Cranberry Golden Rod	Cilantro Mandarin Orange Figs Bananas (after 5hrs in sun)
Relations <i>Violet</i>	Kidneys & Adrenals Bladder Skin Solar Plexus	Sarsaparilla Kava-Kava White Willow Bark Passion Flower	Papaya Tomatoes/Roma Pineapple Hawthorne Berry
Balance <i>Orange</i>	Pancreas Appendix, white cells Colon, Bile duct Stomach, Intestine, Pancreas duct	Thyme Raspberry Leaves Gotu Kola Centauray	Kidney Beans (red) Kiwi Red Potatoes Plums
Peace <i>Red</i>	Testicles, Ovaries	Anise Seed Noni (Morinda) Juniper Berry Angelica Rt.(Dong Quoi) Chaste Berry Yellow Pansy	Mango Wheat Corn Pear Fenugreek Chocolate (cacao bean)