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Suggested Interview Questions

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# Chakra Foods for Optimum Health

*A Guide to Foods That Can Improve Your Energy, Inspire Creative Changes,  
Open Your Heart, and Heal Body, Mind and Spirit*

**Deanna Minich, Ph.D., C.N.**

1. What is one way to make my relationship with foods and eating more meaningful?
2. What is the importance of the color of food?
3. How does food “feed my soul”?
4. How can I deal with emotional eating by working with my chakras?
5. How can I control cravings?
6. Which foods help me to be creative?
7. Which foods give me “balance” in my hectic life?
8. Are there certain foods which will make me more intuitive?
9. How do animal foods influence my chakras?
10. Why do I feel drawn to eating protein?
11. Why don’t “diets” work?

**Chakra Foods for Optimum Health** by Deanna Minich, Ph.D., C.N.; Published by Conari Press; Publication date: March, 2009; Price: \$16.95; Paperback; ISBN: 978-1-57324-373-5; Category: Health; Available wherever books are sold or through the publisher at (800) 423-7087, [orders@redwheelweiser.com](mailto:orders@redwheelweiser.com), or online at [www.weiserbooks.com](http://www.weiserbooks.com).