



A 一般人对颜色饮食的配搭
Color Diet Matching For Most Individuals

胃 Stomach

血液 Blood

皮肤 Skin

眼睛 Eyes

肝胆 Liver & Gallbladder

吃多一点黑色、紫色和蓝色的蔬果
take more of black, purple and blue color fruits and vege.

Do you know! Western & eastern theories of Color diet have some similarities so understanding their right combination can help better health & boost our immune system!
Topic: Are you getting enough color in your diet? Learn more at this video link at: <https://youtu.be/WwQwzPquYFo>