

<i>Chakra</i>	<i>Number</i>	<i>Color</i>	<i>Cause of Insomnia</i>
<i>Root</i>	<i>1</i>	<i>Red</i>	<i>Restless Leg Syndrome muscle cramps</i>
<i>Navel</i>	<i>2</i>	<i>Orange</i>	<i>menopause (hot flashes); prostatitis; overactive bladder</i>
<i>Solar Plexus</i>	<i>3</i>	<i>Yellow</i>	<i>Hypoglycemia, Diabetes, heartburn (acid reflux)</i>
<i>Heart</i>	<i>4</i>	<i>Green (Or Pink)</i>	<i>heartburn, congestive heart failure, asthma</i>
<i>Throat</i>	<i>5</i>	<i>Light Blue</i>	<i>sleep apnea, colds</i>
<i>Third Eye</i>	<i>6</i>	<i>Purple</i>	<i>sleep apnea</i>
<i>Crown</i>	<i>7</i>	<i>Indigo or White</i>	<i>anxiety depression Migraine</i>

