

Healing Arts Health and Wellness

Chakras and Weight Gain

Chakra	Number	Gland Involved	Hormones Involved	Color	Cause of Weight Gain
Root	1	Ovaries/Testes	Estrogen testosterone progesterone	Red	Too much energy, stagnation, lack of movement
Navel	2	Ovaries/Testes	Estrogen testosterone progesterone	Orange	Lack of Joy: food choices that are not desirable Too much Joy: diverting energy normally used for sex to food
Solar Plexus	3	Pancreas Adrenal Glands	Insulin, Glucagon	Yellow	Too Much Energy: Inflammation, Pancreatitis, Diabetes; not digesting food, routing to root
Heart	4	Thymus	Thymosin	Green (Or Pink)	Stagnation, Lack of Blood flow and air (lack of exercise); grief causing heartbreak
Throat	5	Thyroid	T3, T4	Light Blue	Major Blockage, lack of self expression
Third Eye	6	Pituitary Gland, Hypothalamus	Prolactin, TSH, LH, FSH Growth Hormone Adrenocorticotropi n Hormone	Purple	Stress and Anxiety causing too much energy, block or shutdown, increase production of stress hormones; lack of awareness and intuition
Crown	7	Pineal Gland	Melatonin	Indigo or White	Stress, blockage, decreased melatonin production dysregulates other hormones