



The Spiritual and Medicinal Benefits of the Color *Orange*



The color orange, with its vibrant and warm hue, embodies a blend of the fiery passion of red and the cheerful optimism of yellow.

Often associated with the vivacity of a sunset, the sweetness of citrus, and the changing leaves of autumn, orange radiates energy and enthusiasm. It's a color that invigorates the senses, evokes creativity, and captures the essence of joy and zest for life.

What Foods Have the Orange Pigment?

Eating orange-colored fruits and vegetables boosts lutein and zeaxanthin levels, helping strengthen the macula in our eyes. These pigments, found in many vibrant fruits and veggies improves our eyes ability to adjust in darkness.

Here are some examples:

- Carrots
- Orange Peppers
- Oranges-400 varieties
- Sweet potato
- Apricot
- Mangos
- Cantaloupe
- Persimmons
- Sweet potato
- Egg yolk



Pumpkin Seed Oil



Pumpkin seed oil, a golden elixir packed with health benefits, is gaining popularity for its potent properties. Not only is it a versatile addition to our kitchen, but its therapeutic qualities offer a variety of health benefits. **Here are some notable ones:**

- **Lowers Cholesterol:** Pumpkin seed oil has phytosterols, which block cholesterol absorption, helping to reduce overall levels.
- **Eases Menopausal Symptoms:** Menopausal women who took pumpkin seed oil experienced fewer symptoms like hot flashes and had better cholesterol levels.
- **Supports Bladder Health:** This oil can improve prostate health and provide relief for overactive bladders.
- **Reduces Blood Pressure:** Studies suggest that pumpkin seed oil can help lower blood pressure and benefit heart health.
- **Promotes Hair Growth:** Men taking pumpkin seed oil daily noticed increased hair growth over time.

Pumpkin Seed Tincture



Pumpkin seeds offer more than just a crunchy treat. Their medicinal attributes, when converted into a tincture, have the potential to be a game-changer for holistic health.

Here are some of its medicinal benefits:

- **Prostate and Bladder Health:** Pumpkin seed tincture has been celebrated for its potential benefits to prostate health, particularly in alleviating symptoms associated with an enlarged prostate. It also supports bladder function and can provide relief for overactive bladders.
- **Magnesium:** Pumpkin seeds are a rich source of magnesium, a vital mineral that aids in several physiological functions, including bone and heart health, muscle function, and nerve function.

- **Vitamin K:** Essential for blood clotting and bone health, Vitamin K found in pumpkin seeds can assist in preventing bone fractures and promoting bone mineral density.
- **Reduction in Cholesterol:** The phytosterols present in pumpkin seeds are known to reduce LDL cholesterol levels, supporting heart health.
- **Blood Sugar Regulation:** Consuming pumpkin seed tincture may help regulate blood sugar levels, making it a potential ally for those with diabetes or those at risk.
- **Sleep:** Tryptophan, an amino acid found in pumpkin seeds, can enhance sleep quality when consumed. Taking pumpkin seed tincture might aid in achieving a more restful night's sleep.
- **Migraine:** Due to the magnesium content, regular intake of pumpkin seed tincture could potentially reduce the frequency of migraine attacks.



Orange Essential Oil



The orange, with its bright allure and refreshing aroma. When transformed into an essential oil, the orange takes on a potent role in enhancing wellness. **Here are the benefits you can get from using an orange essential oil:**

- **Invigoration:** A whiff of Orange Essential Oil can invigorate the senses. Its refreshing and citrusy aroma uplifts moods, reenergizing the mind and body.
- **Fights Microbes:** Orange Essential Oil has demonstrated antimicrobial properties, making it effective in combatting certain strains of bacteria and fungi, which can be helpful in maintaining a clean environment.
- **Calms Anxiety and Depression:** The soothing aroma of orange oil can help calm the nerves and bring about feelings of happiness and relaxation, assisting those
- dealing with anxiety and depressive moods

- **Relieves Pain:** When applied topically (with a carrier oil), Orange Essential Oil can help alleviate localized pain due to its natural anti-inflammatory properties.
- **Anticancer:** Though research is in the preliminary stages, there are some indications that Orange Essential Oil contains compounds that may have anticancer properties, possibly inhibiting the proliferation of certain cancer cells.
- **Exercise performance:** By stimulating the senses and energizing the body, Orange Essential Oil can potentially enhance exercise performance, making your workout sessions more productive.
- **Weight loss:** Some believe that the invigorating properties of Orange Essential Oil can boost metabolism, which, in conjunction with a balanced diet and regular exercise, might assist in weight loss.



Other Citrus Essential Oils

- Tangerine
- Grapefruit
- Bergamot
- Mandarin
- Blood Orange

Orange Stones That Heal



We're blessed with gems that carry both beauty and profound healing properties. Orange-colored stones, with their warm and vibrant hues, are not just visually captivating but they also bring positive energy, balance, and restoration. **Here are stones you can wear whenever you need some orange magick.**

- **Citrine:** Has the ability to release any negative traits that may have been holding you back in life. This includes any fears and phobias, even the most irrational of ones.
- **Orange Calcite:** When you have a tangible creative block that you just can't seem to shake, you need to bring in the force that is orange calcite.
- **Sapphire Orange:** Brings luck and can be used daily to attract or amplify opportunities, prosperity and even love.

- **Orange Agate:** It is a slow working stone, but over time it will bring out great depths of strength and courage in anyone who puts the effort in.
- **Aragonite:** Brings patience when you need it most, offering a calming effect over the nervous systems so that no waiting period feels too dire. It also works closely on emotional fatigue.
- **Orange Jasperorange:** Can pull negative energy from the physical body, which can be instrumental in preventing the onset of disease.
- **Carnelian:** If you have a history of abuse, either physical or emotional, carnelian can work to remove the residue from your vibration so that you can move forward with your life.
- **Coral:** This is the stone of great wisdom and admirable modesty. If you struggle with panic and nightmares, you might find keeping a piece of coral next to your bed as you sleep removes all nightly threats.
- **Calcitecitrine Calcite:** Hold this stone in the palm of your hand as you meditate, and you'll have tranquility running through you for the duration of your session.
- **SunstoneIt:** is a deeply metaphysical stone and wants nothing more than for you to thrive spiritually.

