

# How Numerology, Colors & Crystals/Gems affect/help your Health

Compiled by Soul2Soul Educare [www.soul2souleducare.org](http://www.soul2souleducare.org)

## Number 1's Can Suffer From:

- Heart problems in some form, such as palpitation and irregular circulation.
- Lower back pain
- Spinal injury
- High blood pressure
- Astigmatism
- Sexual disorders

## Physical weakness intensified by:

- Sense of pride & ego

## Physical Weakness can be diluted by:

- Positive emotions
- Forgiveness
- Cheerful attitude
- Being more tolerant and flexible.

## Months to be more vigilant:

- October, November & December

## Foods that can help:

- Raisins, barley, oranges, lemons & dates

## Herbs that can help:

- Saffron, chamomile, St. John's Wort, cloves, nutmeg, lavender, bay leaves, thyme, myrrh

## Colors that you should wear:

- all shades of sunny or golden yellow, bright orange and royal purple

## Crystals/Gems that you should wear:

- Topaz or amber



## Physical Weakness can be diluted by:

- Learning to relax
- Letting go
- Getting a good night's rest

## Months to be more vigilant:

- December, February, June & September

## Foods that can help:

- Beets, bilberries, asparagus, cherries, strawberries, apples, peaches, olives, rhubarb, gooseberries, pomegranates, endive, pineapples, grapes, almonds, figs, hazelnuts and wheat

## Herbs that can help:

- Dandelion, borage, sage, mint, saffron, nutmeg, cloves, sweet marjoram and St. John's wort

## Colors that you should wear:

- all autumn colors, such as yellow, burnt orange, rust, turquoise and sky blue & purple

## Crystals/Gems that you should wear:

- turquoise

## Number 4's Can Suffer From:

- Mysterious ailments difficult to diagnose
- Mental disorders
- Melancholy
- Anemia
- Poor circulation
- Pain in the head and back
- Accidents from electricity or lightning
- Injuries to the lower legs
- Problems with reproductive organs e.g. frigidity in women and impotence in men

## Physical weakness intensified by:

- Negative emotions

## Physical Weakness can be diluted by:

- Calm spirit
- Patience
- Avoiding all drugs including prescription medication
- Avoiding highly seasoned foods
- Avoiding meat especially red meat (4's especially can become chronically ill from meat consumption).

## Months to be more vigilant:

- January, February, July, August & September

## Foods that can help:

- Spinach

## Herbs that can help:

- Sage, pilwort, wintergreen, Solomon's seal

## Colors that you should wear:

- electric blue and cobalt blue, silver gray and ocean green

## Crystals/Gems that you should wear:

- Sapphire, quartz or a stone containing azurite and malachite



## Number 2's Can Suffer From:

- Stomach problems and digestive disorders
- Food poisoning  
(be careful in foreign countries with the food and water)
- Gastric troubles and internal growths (usually benign)
- Breasts and Chest problems

## Physical weakness intensified by:

- Holding on to stress

## Physical Weakness can be diluted by:

- Letting go of anxiety

## Months to be more vigilant:

- January, February & July

## Foods that can help:

- Lettuce, cabbage, turnips, cucumber, melon

## Herbs that can help:

- Chicory, linseed, rapeseed, endive

## Colors that you should wear:

- light green, pale yellow, silver, violet and lavender

## Crystals/Gems that you should wear:

- emeralds, pearls or moonstones



## Number 3's Can Suffer From:

- Overstrain of the nervous system
- Sciatica and Neuritis
- Skin troubles
- Accidents to the hips.
- Aches in the thigh or hip area.
- Liver problems

## Physical weakness intensified by:

- overwork and lack of sleep



## Number 5's Can Suffer From:

- Energy depletion from thinking too much which may lead to nervous breakdowns
- Insomnia
- Twitching in the face or eyes
- Phantom pains in the shoulders, arms and hands
- Irritability and nervousness

## Physical weakness intensified by:

- Thinking too much



**Physical Weakness can be diluted by:**

- Remaining calm and patient even when events around are stressful
- Getting lots of sleep
- Resting a lot
- Going out in nature with quiet surroundings

**Months to be more vigilant:**

- June, September & December

**Foods that can help:**

- Carrots, parsnips, kale, oatmeal, oatmeal breads, parsley and nuts of all kinds especially hazelnuts and walnuts

**Herbs that can help:**

- Sweet marjoram, caraway seeds and thyme

**Colors that you should wear:**

- Pearl gray, light green, and silver. Avoid dark colors

**Crystals/Gems that you should wear:**

- Aquamarine, silver or platinum

**Number 6's Can Suffer From:**

- Infections of the throat, nose, and upper part of the lungs
- Infections of the chest and breast area
- Mild heart complaints leading to irregular circulation of the blood
- Bladder and kidney problems

**Physical weakness intensified by:**

- Eating too much sugar
- Lack of fresh air and exercise

**Physical Weakness can be diluted by:**

- Avoiding food with sugar
- Going out in nature esp. if a 6 person lives in the city.

**Months to be more vigilant:**

- May, October & November

**Foods that can help:**

- All kinds of beans, parsnips, spinach, melons, pomegranates, apples, peaches, apricots, figs, walnuts and especially almonds

**Herbs that can help:**

- Mint, daffodils, thyme, musk, violets, rose leaves

**Colors that you should wear:**

- Pastel shades of every color, especially pink and blue – sometimes earth tones, such as chocolate brown and deep green

**Crystals/Gems that you should wear:**

- Opal and copper

**Number 7's Can Suffer From:**

- Anxiety
- Depression & Melancholy
- Depression leads physical fatigue
- Soaking up negative situations and attitudes like a sponge
- Delicate skin

**Physical weakness intensified by:**

- Taking on more than they can handle
- Worrying too much

**Physical Weakness can be diluted by:**

- Avoiding negative people
- Avoiding too much sun
- Avoiding worrying while eating
- Surrounding themselves with water lilies and lotus blossoms.

**Months to be more vigilant:**

- January, February, July & August

**Foods that can help:**

- Lettuce, cabbage, endive, cucumbers, apples, cranberries, and juices of all fruits

**Herbs that can help:**

- Chicory, linseed, colewort, and sorrel

**Colors that you should wear:**

- Sea green, light yellow, aqua, pink and white. Avoid black or dark colors

**Crystals/Gems that you should wear:**

- Amethyst or emerald

**Number 8's Can Suffer From:**

- Troubles of the liver, bile, intestines and excretory part of the system
- Migraine headaches
- Diseases of the blood
- Rheumatism
- Auto poisoning



**Physical weakness intensified by:**

- Eating meat & dairy since 8's are allergic to animal products

**Physical Weakness can be diluted by:**

- Detoxifying the body
- Avoiding meat and dairy
- Avoiding preservatives and additives

**Months to be more vigilant:**

- January, February, July & December

**Foods that can help:**

- Spinach, carrots, broccoli, & celery

**Herbs that can help:**

- Wintergreen, angelica, sage, ragwort, Solomon's seal, verbena, elder flowers, gravel root and mandrake root

**Colors that you should wear:**

- Indigo, all shades of brown, dark green and navy blue

**Crystals/Gems that you should wear:**

- Diamond or onyx

**Number 9's Can Suffer From:**

- Headaches
- Extremely high fevers,
- Illnesses that strike suddenly, get serious, and usually disappear as fast as they appeared
- Accidents to the head, cuts and burns



**Physical weakness intensified by:**

- Participating in dangerous sports and extreme adventures
- Exposing themselves to contagious diseases

**Physical Weakness can be diluted by:**

- Avoiding eating rich foods
- Avoiding alcohol

**Months to be more vigilant:**

- February, April, May, October & November

**Foods that can help:**

- Onions, garlic, rhubarb, horseradish and tomatoes

**Herbs that can help:**

- Mustard seeds, spearwort, ginger, pepper, juice of nettles, danewort

**Colors that you should wear:**

- Crimson or ruby red (with no orange tones), true blue and pure white

**Crystals/Gems that you should wear:**

- Ruby

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