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## **Think Healthy – Think Blue**

With spring just around the corner, many homeowners and apartment dwellers alike are busy figuring out how to do something wonderful for their homes and their health: brighten things up with nature's vibrant colors. It's seed starting time! And from Ageratum to Viola, nothing beats blue.

When it comes to color, most of us know what we like. Yet there's more to it. Since the early Egyptians, color has been used to balance mood and enhance health. Blue is ideal for healthy spaces, since it brings about relaxation and tranquility. It's a natural stress reducer!

How can you bring more blue into your environment? One simple and inexpensive strategy that just about anyone can use is to grow and cut fresh flowers. But don't stop there. Blue is also great to eat.

The phytonutrients that give fruits and vegetables their color are linked to a reduced risk of cancer, diabetes, heart disease, age-related blindness, and Alzheimer's disease, according to a group of scientists from UCLA<sup>1</sup>. Eating a variety of colors is an important aspect of healthy living.

Foods in the blue-purple group include blueberries, cranberries, and grapes. The specific benefits of blue? Researchers from Tufts University report there's a connection between eating blueberries and improved memory and coordination<sup>2</sup>.

When it comes to thinking healthy, quite literally, you'll think better with more blue!

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<sup>1</sup><http://www.prnewswire.com/cgi-bin/stories.pl?ACCT=104&STORY=/www/story/09-05-2001/0001566533&EDATE=>

<sup>2</sup><http://www.tufts.edu/communications/stories/101399BlueberriesMayImproveMemory.htm>

Healthy living expert Elizabeth Eckert is the author of *Word Cures: How to Keep Stupid Excuses from Sabotaging Your Health*. Get more tips at [www.WordCures.com](http://www.WordCures.com).

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