

Grounding Food

Foods that enhance grounding

Vegetable

Basically, all vegetables that root themselves:

Carrots

Potatoes/Sweet Potatoes

Beetroot

Parsnips

Radish

Green Beans

Eggplant

Avocado

Fruits

Mango

Papaya

Grapes

Olives

Berries

Coconuts

Figs

Melons

