



CHROMATHERAPY

THE CELLS OF OUR BODIES REACT TO LIGHT OR THE LACK OF IT, DIRECTLY AFFECTING US PHYSICALLY, EMOTIONALLY AND MENTALLY. COLOR PRODUCES A BIOCHEMICAL REACTION WITHIN OUR BODIES, DIRECTLY STIMULATING IMPORTANT GLANDS LIKE THE PITUITARY GLAND, WHICH PRODUCES HORMONES REGULATING SLEEP, SEX DRIVE, METABOLIC RATE, AS WELL AS MOODS, EMOTIONS, AND BEHAVIOR. THE PINEAL GLAND SECRETES SEROTONIN WHICH HAS AN UPLIFTING EFFECT, STAYING AWAKE AND ALERT, STIMULATED BY DAY; AND MELATONIN WITH ITS SEDATIVE EFFECT, STIMULATED BY NIGHT. PEOPLE SUFFERING FROM SEASONAL AFFECTIVE DISORDER (SAD), A SPECIFIC TYPE OF DEPRESSION IN WINTER MONTHS, HAVE HIGH LEVELS OF MELATONIN DUE TO LACK OF SUNLIGHT. THEY RESPOND WELL TO TREATMENT WITH FULL-SPECTRUM LIGHT.

HEALING STIMULATING & VITALIZING

Physical Conditions

- Tiredness
- POOR CIRCULATION
- LOW BLOOD PRESS.
- COLD
- CHILLS

- APATHY
- DEPRESSION
- FEAR
- LACK OF
CONFIDENCE

Negative States of Mind

RED

HEALING Warming & Energizing

- Low Vitality
- Low APPETITE
- Indigestion
- Cramp Muscles
- Sprained Muscle
- Joint Pains

Physical Conditions

- Listlessness
- Boredom
- Sadness
- Inhibition

Negative States of Mind

ORANGE

HEALING

DIGESTIVE SYSTEM

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Mental

- Physical Conditions
- Constipation
 - Flatulence
 - Skin Problems
 - Water Retention

- Depression
- Low Self Esteem
- Short Attention Span
- Writer's Block

Negative States of Mind

YELLOW

GREEN HEALING CALMING & SOOTHING

Physical Conditions

- Headaches
- Heart and Kidney Problems
- Problems
- Flu

- Instability
- Spite
- Fear of Emotional Involvement
- Claustrophobia

Negative States of Mind

HEALING COOLING & ANTISEPTIC

BLUE

Physical Conditions

- HIGH BLOOD PRESSURE
- MIGRAINE
- FEVER
- CUTS
- STINGS AND BURNS

- TIMID
- FRIGID
- DISTRUSTFUL
- FEAR OF CONFRONTATION

Negative States of Mind

HEALING Sedative & Sedation

- Hearing
- SIGHT
- Sinuses
- Nerves
- Insomnia

Physical Conditions

- Paranoia
- Over Sensitivity
- Obsession
- Hysteria

Negative States of Mind

INDIGO

HEALING ANTISEPTIC & Cleansing

Physical Conditions

- Headaches
- EPILEPSY
- NEURALGIA
- MULTIPLE
SCLEROSIS

- NEUROSIS
- DESPAIR
- LOSS OF FAITH
- LACK OF SELF
RESPECT

Negative States of Mind

VIOLET