



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 BEHAVIOUR. 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

PHYSICAL CONDITIONS

- Low Vitality
- Low Appetite
- Indigestion
- Cramp Muscles
- Sprained Muscle
- Joint Pains
- Listlessness
- Boredom
- Sadness
- Inhibition

Negative States of Mind

ORANGE

HEALING

Digestive System

&

Mental

Physical Conditions

- Constipation
- Flatulence
- Skin Problems
- Water Retention

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

Negative States of Mind

YELLOW

HEALING

Calming

& &

Soothing

Physical Conditions

- Headaches
- Heart and Kidney
- Problems
- Flu

- Instability
- Spite
- Fear of Emotional
- Involvement
- Claustrophobia

Negative States of Mind

GREEN

HEALING

C O O L I N G

& &

Antiseptic

Physical Conditions

- High Blood Pressure
- Migraine
- Fever
- Cuts
- Stings and Burns

- Timid
- Frigid
- Distrustful
- Fear of Confrontation

Negative States of Mind

BUE

HEALING

Sedative & Sedation

Physical Conditions

- Hearing
- Sight
- Sinuses
- Nerves
- Insomnia

• 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