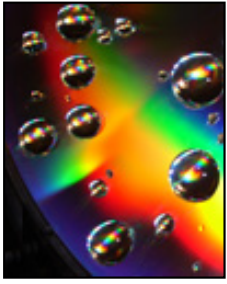


The Amazing Healing Properties Of Color Therapy



The skin feels color. Yes you read that right, the skin can learn to tell the difference between colors. Kurt Goldstein, in his 1930s book *The Organism*, concluded that various colors affect the skin differently. Through his research he showed that blind people can learn to differentiate color by the way the hue makes the skin feel.

It is not known why this happens, but then it is also not known why 1 in a 1000 people can hear colors or see music. And yet it is a common phenomena called synaesthesia.

History of Color Therapy

Color therapy has been around for at least four thousand years. Several ancient societies, like the Chinese, Indian and Egyptian, used colors for healing. The Egyptians even built sacred buildings where they practiced the art of color therapy. Written case studies and cures have been found in both the Chinese and Egyptian cultures.

In more recent history Isaac Newton used a prism to split sunlight into its various colors. Then to complete his experiment, he passed the colored lights back through another prism which converted them into white light. With this he proved white light contains every color of the visual spectrum. In essence he proved that sunlight is just a rainbow of color all rolled up into one energy ray.

What is Color?

Colors are created when light either reflects, absorbs, transmits or refracts the electromagnetic spectrum located between .4 and .76 micrometers in wavelength. In order to get visible color light waves must interact with matter. This is why space appears to be void of color.

The energy portion of a color wave pattern is called a photon which is the component that is absorbed by the body's cells, resulting in the activation of the wavelength's therapeutic effect.

The Body and Color Energy

Every cell not only has the ability to assimilate colors but also emits them. Kirlian photography has been used to show the light energy around living tissues. A photo series of a picked leaf was made to document the light force disappearing as the leaf shrivelled up. In another experiment Kirlian photography showed a phantom light around a portion of a leaf that had been recently cut off and removed.

Without a doubt the eyes are the body's most noticeable receptacle of color. In particular the cones within the eye perceive color, specifically red, green and blue. Each cone can see only one color. All other colors require two or more cones to create the pigment passed along the optic nerve to the brain.

How Color Effects a Healing

It has been proven that wounds suffered in zero gravity (space) will not heal until the person is back on earth. Likewise a wound created where gravity is crushingly strong (submarine) also resists healing. It is a mystery as to why proper gravity is required for healing to occur. Both NASA and the USS Salt Lake City proved that LED light therapy will help these gravity-challenged wounds to heal.

NASA found LED lights to be useful in the treatment of burns, muscle and bone deterioration, bone fractures, cuts and other wounds, radiation damage, and regeneration of skin grafts.

On the submarine USS Salt Lake City, wounds that were at best healing slowly were reported to heal 50% faster when LED lights were administered.

LED lights stimulate the mitochondrion to perform the job it is designed to do, which is to create the energy the cell needs to maintain and repair itself.

[Tools for the Use of Color Therapy](#)

One of the most strongly documented uses of color is to ward off Seasonal Affective Disorder (SAD), commonly referred to as the “winter blues”. The incandescent light bulb does not have all the colors of the spectrum so in the winter, when we are indoors most of the time, we are robbed of the sun’s wealth of colors. The blue lux bulb is one of the light sources used, along with the full spectrum bulb, to help rid a person of SAD by fulfilling the need of those colors.

LED lights are the main method of healing with color. The Pain-X-2000 uses Polychromatic Infrared Therapy to relieve various pains. The five colors used in the Pain-X-2000 tools are infrared, red, green, orange and yellow. Some tools have the option to add the blue light. These colors have been reported to affect the body in the following ways:

- **Infrared** - Promotes blood circulation which quickens healing;
- **Red** - Stimulates and renews energy;
- **Green** - Regulates the pituitary gland, affects the gastric system and has a calming effect on the nervous system;
- **Orange** - Calms asthma and allergies;
- **Yellow** - Purifies blood and helps digestion;
- **Blue** - Reduces blood pressure, calms both breathing and heart rate.

For years the Deep Penetrating Light therapy system was used to clear up skin blemishes of all kinds. Recently the FDA cleared the device for the use of alleviating muscle spasms, arthritic pain, joint stiffness and to temporarily increase blood circulation.

The best thing about all the color light therapy units Promolife handles is that they can help a person overcome an injury. They are all non-invasive and drug free treatments.



Article written by Cat Pippin Lowe for Promolife, Inc.