

Colour Therapy (Chromotherapy)

The effects of colour on our moods, health, and way of thinking have been studied by scientists for years. Even an individual's preference for one colour over another may be related to the way that colour makes the individual feel.

Colour can be described as light – visible radiant energy – of certain wavelengths. Photoreceptors in the retina, called cones, translate this energy into colours. The retina contains three cones: one for blue, one for green, and one for red. We perceive other colours by combining these colours.

According to Dr. Alexander Schauss, director of the American Institute for Biosocial Research in Tacoma, Washington; when the energy of colour enters our bodies, it stimulates the pituitary and pineal glands. This in turn affects the production of certain hormones, which in turn affect a variety of physiological processes. This explains why colour has been found to have a direct influence on our thoughts, moods, and behaviour - an influence that many experts believe is distinctly separate from psychological and cultural factors*. Remarkably, colour seems to have an effect even on blind people, who are thought to sense colour as a result of energy vibrations created within the body.

Clearly, the colours you choose for your clothes and for your home, office, car, and other surroundings, can have a profound effect on you. Colours have been known to ease stress, to fill you with energy, and even to alleviate pain and other physical problems. The idea, it should be noted, is far from new. In fact, the 'Colour Your World' concept is part of the ancient, Chinese design technique *feng shui*.

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'Prescription for Nutritional Healing'
Avery Publishing, N.Y. 1990/2000

Simply Google: 'Colour Therapy', to find various other reading about this age-old, highly-effective, natural healing and therapeutic energy!

*In other words, when someone is given a bunch of flowers, for example; not only are they pleased with the affectionate gesture being made to them but subconsciously, their brain is also thinking – "Whoopee...here's some colour!" (Maybe a similar effect was also being enjoyed with the earlier, multi-coloured, stained glass 'Tiffany' lights of the early 1900's; so helping to give rise in their popularity in upmarket homes all across the USA at the time....the various colours simply made people feel good?).