

Color Light Therapy Reference Information

Effects of Color Therapy

Red Key Effects: Deliver, warm, yang stimulation for deficiency pain and weak organic function. Similar indications as for moxibustion

Other uses: Stimulates sensory nerves, liver energizer, activates sympathetic NS, muscular system, apply to Root and Solar centers for anemia, paralysis, deficient mental energy. Stimulates immune system, increases metabolism, resolves scars, benefits bones, reduces chronic constipation, hemorrhoids, speeds circulation. May be effective to reduce or eliminate viral diseases due to its warming, expanding qualities.

Contraindications - red haired people, hypertension

Green – Key Effects: Muscle treatments, joint pain, eyes, brain balancer

Other uses: “Great Balancer/Healer” of body and brain, stimulates pituitary, benefits liver, lungs, eyes, diabetes, cysts, tumors, allergies, joint pain. Disinfectant, builds muscles/tissues. Lowers BP, emotional stabilizer, liver ailments, post-traumatic shock, VD, nervous system diseases.

Blue – Key Effects: Strengthens the pain relieving effects of microcurrent, any anti-inflammatory tx

Good for burns, fever, Excess conditions, and is anti-bacterial due to its cold, electrical and contracting qualities. Relieves pain, nervousness, insomnia (Purple also). Use Blue for tachycardia, myopia, baldness (flood scalp for 15 minutes), cataracts and glaucoma (gaze into blue light for 30 min/day), laryngitis, gastric ulcers and distress (yellow 45 min. followed by blue or UV for 15 min).

contraindications – hypertension, bradycardia, paralysis,

Orange – Key Effects: Increase glandular function, especially Thyroid, lift spirits, decongest lungs

Other uses: Opens and decongests lungs – good for asthma. Is wavelength of calcium and so promotes bone growth (may treat osteoporosis with Orange through Sacral and Solar centers). Use Orange (or Lemon) to relieve cramps or congestion by releasing blocked energy in organs. May use for bruises (after indigo first Builds endocrine glands, specifically Thyroid. (w/blue). Warms urinary system, intestines, sexual/reproductive organs, cold feet, helps poor assimilation of nutrients, fatigue. May help abort precancer, (for malignancies, use violet, purple, green).

Yellow- Key Effects: Improve nerve function, strengthen digestion

Other uses: Stimulates nervous, lymphatic & intestinal systems. Improves digestion, liver/GB imbalances. Activates, stimulates and repairs motor nerves (w/red-green), anthelmintic. Treats diabetes, excema, paralysis (tr. occiput, cervical, lumbar areas) clears up skin lesions through lymphatic cleansing.

Indigo – Key Effects: Astringent, dry up excess bodily discharges, hyper thyroid

Other uses: Used to firm, tone and contract tissue, shrink tumors, stop bleeding and dry up suppurations. Is respiratory, thyroid and mammary depressant. Promotes phagocytic activity & parathyroid function. Lessens over-excitement. purifies blood, is phagocyte builder in spleen. Indigo can induce anesthesia action (look through indigo glasses or into indigo light). Beneficial for deafness (also consider orange and indigo), obsession, facial paralysis, insanity, nosebleed, pneumonia, anosmia, insanity, convulsions and menorrhagia.

Violet – Key Effects: Calm emotions, weight loss auricular therapy, hot flashes

Other uses: Stimulates spleen, sedates other organs and muscles, including heart, pancreas and nervous system. Is lymphatic depressor, promotes bone growth, reduces excess hunger, epilepsy, scalp diseases, skin disease, neuralgia, concussion, meningitis, cerebral spinal systems (with yellow) Promotes leukocytes. Reduces menopausal hot flashes, reduces stress, is anti-viral (consider Red also). The most spiritual color, good for meditation and calming the mind.

Scarlet Key Effects: Stimulate acu-points on people whose Fire has burned down, stimulate sexual energy

Other uses: Vasoconstrictor, raises blood pressure – stimulates kidneys and sexual function, good for impotence and frigidity, amenorrhea, speeds birthing

Purple Key Effects: Severe back pain, sciatica, lower blood pressure

Other uses: Vasodilator – reduces BP, reduces sexual energy. Induces relaxation and sleep. Lowers kidney/adrenal function, blood pressure, temperature and heart rate. Reduces pain.

Magenta Key Effects: Emotional balance, strengthen Kidneys and adrenals

Other uses: Energizes kidneys and adrenals, heart, circulatory and reproductive organs, is diuretic, balances auric bodies (may treat Parkinson's). Is emotional balancer and spiritual bridge – connects passion to compassion.

Turquoise Key Effects: Help heal skin diseases, promote mental-emotional balance

Other uses: Has acid and tonic effects, good for acute disorders, rebuilds skin after burns, lesions, acne, reduces over active mind. Promotes healing in recent disorders, has cleansing/anti-inflammation combination action. Bridges between human heart and spiritual heart.

Lemon Key Effects: Detoxification, improve brain function, reduce cough

Other uses: Cerebral stimulant, sexual stimulant, wavelength of gold + silver, expectorant to throw off phlegm, strengthen bones, alkalizer for chronic conditions (adds minerals), coughing, dissolves blood clots, is thymus and digestive stimulant.

Ultra-Violet (sunbathing) - Calcium-phosphorus balance, balances all glandular function and metabolism, stimulates anti-body production, stimulates sympathetic NS, relieves pain, helps heal ulcers and wounds.

Colors For Skin disorders

Leucoderma – blue over area, if HBP, use violet or orange

Wounds – violet or ultra-violet, green on crown

Imperfections – yellow to clear lymph

Build skin – turquoise

firm, tone and tighten tissue - indigo

Treatment of Dry, Scaly Skin Type

Treat dry scaly type with Green and then switch to Lemon. If moist or weeping has not appeared, switch to Yellow or Orange./

Treatment of Moist Skin Type

For moist or weeping, use Lemon, then Turquoise for General and local treatment. If obstinate, change to Blue or Indigo. Use no alkaline soap.

Mu-Shu Organ Balancing Using Complementary Colors

Purpose: To balance and enhance function of internal Organs and the autonomic nervous system

Applications:

- Apply through Organs to support treatment of internal medical diseases
- Provide deeper level treatments for pain relief and injury rehab – can improve carry-over of treatment results. In this case treat the Organs most connected to the afflicted body part or meridian. For example, treating the Kidney Mu-Shu points for chronic knee pain or the Gall Bladder for hip osteoarthritis
- Apply through PNE centers (chakras) to anchor emotional or Soul healing in conjunction with intuitive counseling
- In most cases apply Mu-Shu technique after doing symptomatic techniques for pain, rehab, facials, etc.

Alarm points are also called Mu points, these terms are used interchangeably here

Method:

- 1) Use Alarm Point Kinesiology or other diagnostic methods to identify or confirm the Organs that are most imbalanced (according to Chinese Medicine), and most related to the patient's main complaint. The most imbalanced Organ is called the Key Imbalance. This testing is done by having the patient successively touch each Alarm point while you test the O Ring or other indicator muscle with the patient's other hand. The Alarm points that, when touched, cause the muscle test to go weak are imbalanced.
- 2) If necessary, also select a secondary imbalanced Organ. In most cases select one that is related through either Extraordinary Vessel pairs or Polar Meridian pairs (see chart below).
- 3) Use therapy localization challenge testing to select the color filter that is strongest to correct the imbalance of the Key Imbalance Organ. This is the color that makes the muscle test very strong while the patient touches the test point that previously made the muscle go weak.
- 4) Once Organ and corrective color are identified, ask patient to either sit up or lie in sideline position on a table so you can get to front and back of the body at the same time.
- 5) Select polarized probes (Acutron Probe Preset #2) with wetted Q Tip electrodes, and place the + probe on the front Alarm point of the Organ, and the – probe on the back Shu point of the same Organ. If the Alarm points are bilateral, treat the left one first with the left Shu point, then repeat with right set. If the Alarm point is midline and singular, hold + probe on that while treating the left, then right Shu points on the back. Treat each set of Mu-Shu points for 18 – 20 seconds.
- 6) While treating ask patient to breathe into the area of the afflicted Organ and visualize the same color of light there that is being applied by the equipment.
- 7) After completing treatment of the Key Imbalance Organ, try to then treat a secondary imbalanced Organ in the same way. You will often find that using a complementary color on the secondary Organ confirms well with muscle testing. This is a powerful balancing for the autonomic nervous system.

Complementary colors

Yang colors Yin colors

Red	Green or Blue
Yellow	Violet
Orange	Blue or Indigo
Lemon	Turquoise
Scarlet	Purple
Magenta	Green

(North and south pole – both represent balance point, but are polarized differently)

8) After completing Mu-Shu treatments, re-test the Alarm points of the Organs treated without the color filter in place and see if the muscle test remains rock solid. If it is the technique was successful. If not, try re-treating with another color and test again.

The following chart provides good guidance for color selection for Organ imbalances. Once you determine the Organ to treat, use muscle challenge testing to test all the Yang and Yin colors listed to see which one provides the best balancing. For example, when looking for the best therapeutic color for treating a weak reading on the Lungs, challenge test Red, Green, Orange and Indigo. In some cases the best color may not be listed, but don't worry, just start here.

Organ	Primary Colors		Secondary Colors	
	Yang	Yin	Yang	Yin
Lungs	Red	Green	Orange	Indigo
Pericardium No current, light only!	Scarlet or Magenta	Violet	Orange	Blue
Heart No current, light only!	Scarlet or Magenta	Purple	Orange	Blue
Gall Bladder	Yellow	Violet	Red	Green
Liver	Yellow	Violet	Red	Green
Stomach	Yellow	Violet	Orange	Blue
Spleen/Pancreas	Yellow	Violet	Orange	Blue
Triple Warmer	Yellow	Violet	Red	Green
Small Intestine	Magenta	Green	Yellow	Violet
Large Intestine	Orange	Blue	Yellow	Violet
Kidneys	Red	Green	Scarlet or Magenta	Purple
Urinary Bladder	Red	Green	Scarlet or Magenta	Purple

<u>Organ</u>	<u>Tonify</u>	<u>Sedate or (Balance)</u>
Brain	Lemon	Turquoise or Green – (Balance)
Lymphatic	Yellow	Violet

Chart 1 – Face Reading Color Selection

Facial Region	Associated Energy Center	Associated Organs	Yang Color	Yin Color
Forehead	1 - Root	intestines, bladder	Red	Green/Blue
Center of brow, right above nose	2 - Sacral	liver, spleen	Orange	Indigo/Violet
Area below eyes	2 – Sacral	kidneys, adrenals	Magenta/Scarlet	Purple
Center of cheeks, curved line from under eyes down to chin area	3 – Solar	stomach, pancreas	Yellow	Violet
Tip of the nose	4 – Heart	heart, pericardium	Red	Green/Turquoise
Front of neck	5 – Throat	lungs, thyroid	Orange (hypo-thyroid condition)	Indigo/Turquoise (hyper-thyroid)
Region between chin and lower lip	6 – Brow	reproductive organs	Magenta/Scarlet	Indigo
Crow's feet area	7 – Crown	gall bladder, liver	Red	Violet, Green

Microlight Autonomic Balancing Treatment-
 Colors shown are for example only



