

## **Color Therapy, God's Oldest Medicine**

The Sun's power to heal has been recognized by man for thousands of years. Without the nourishing Sun's rays our bodies would wither and die and all life on this planet would soon end. The Sun's rays contain the full spectrum of colors, with only a few of them detectable by the human eye. To maintain good health our bodies must be able to adequately absorb and use the right amount of Sunlight. The body absorbs Sunlight via the eyes and skin.

In the early 19th century it was discovered that each color vibrates on its own wavelength and frequency. Each human disease corresponded to a particular color. Color Therapy is the treatment of diseases by applying the correct colors for healing in a more concentrated form than sunlight. To maintain Health, the Human Body requires a minimum of 2 hours a day of unfiltered, direct Sunlight shining directly on the skin and through the eyes. Unfortunately this is not possible with the lifestyles we live today. Light deprivation is becoming a common occurrence in our environment.

The Human Body has 7 main Chakras (energy centers) that vibrate to a particular color. Each Chakra governs a particular organ and bodily process.

Color Therapy treatment is often determined by which area of the body is affected. The Root Chakra is located in the groin, pelvis and sacral area. Its color is Red and the primary organs are the Kidney/Adrenals and Sex organs. Therefore Red would be the color used to treat someone suffering with Chronic Kidney disease, Low back pain or Infertility.

Digestive problems, Colitis, Irritable bowel etc, respond well to Yellow. Color selection is also determined by Yin/Yang principles. Red, Orange and Yellow are Warm colors and are used to treat illnesses that cause a weakened condition like Anemia. Green, Blue and Turquoise are cool colors and are used to treat illnesses that cause excess conditions like Pain.

One of the earliest and most respected techniques is Spectra-Chrome color therapy as developed by Dr. Dinshaw. Spectro-Chrome matches a particular healing color for the appropriate disease. During treatment, one of 12 Spectro-Chrome colors are selected and shone directly on the body with a special lamp for 30 - 60 minutes.

Acu-Light Color therapy was developed by Dr. Peter Mandel in Germany. Mandel took color therapy a step further by combining it with Acupuncture points. Acu-Light pens bring color into the body via the Acupuncture points. Patients benefit from the healing effects of both therapies.

### **Diseases Treated with Color Therapy**

Anemia, Asthenia, Bronchitis, Arthritis, Burns, Diarrhea, Colds, Constipation, AIDS, Diabetes, Eczema, Paralysis, Menstrual Problems, Infertility, PMS, Candida Albicans, High/Low Blood Pressure and many, many more .....

### **About the Author**

[Rochelle McCray](#) is trained in Color Therapy, Acupuncture, Herbology, Hypnotherapy and REIKI practitioner who uses Acu-light and Spectra Chrome Color Therapy to restore the body to a balanced state of health and well being.