COLOR THERAPY

Chromotherapy, the use of color to apply appropriate healing vibrations to weak or damaged body areas, has been in use for centuries. It uses gentle, naturally occurring vibratory emissions of a variety of colors to produce a desired bodily response. Its subtle healing influence is in contrast to the harsh, irritating vibrations introduced into the body by drugs and chemicals

Just as the radiation of sunlight is absorbed by the nervous system and distributed by the bloodstream to various parts of the body, the rays of specific colors can be used to accomplish precise aims. Experience and judgment have shown the best rays to use for the best results. Minor ailments can thus be treated at home before they become serious diseases.

Color therapy is, however, only one part of your total health program. It must be combined with your other wellness recommendations on proper diet, sleep, cleanliness, breathing, exercise, spiritual growth, etc., to be of the greatest benefit.

Daily apply your recommended color(s) over the affected area(s) of your body for 15 minutes until you can see improvement.

ADDITIONAL COMMENTS

You may find it beneficial to prepare the drink by putting water in a glass of your recommended color and setting it in direct sunlight for at least 1 hour. Drink 1 oz. daily of the Chromotherapy water until improvement is noticed.

Another technique is to wear the specific color clothing or fabric over the indicated area. Do this for only 15-20 minutes if you are in the sunlight, or all day if not exposed to sunlight.

It is also of benefit to eat generously of those fruits and vegetables, which supply your recommended color(s) naturally.

RED:	Beets, tomatoes, apples, cherries, red berries, radishes, red cabbage
GREEN:	Green apples, cabbage, green beans, spinach, parsley, lettuce, broccoli, asparagus
ORANGE:	Carrots, pumpkins, oranges, apricots, cantaloupes, peaches, mangoes
YELLOW:	Corn, bananas, yellow squash, yellow apples
VIOLET:	Eggplant, purple plums
BLUE:	Blueberries, blue plums