



# LET THERE BE LIGHT

## Light / Colour Therapy Part 2

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In part 1 of my last article about Light /Colour therapy I talked about the science behind it. Now I will explain why the various colours work, their affects and benefits, and the aesthetic conditions that can be treated by each.

### THE EFFECTS OF COLOUR ON SKIN

All materials absorb or reflect light. For example: Black absorbs, White (snow) reflects. The substance responsible for this selective absorption is the pigment that the material contains. These pigments can also absorb photons of certain wavelengths, while reflecting all the others. So it is with our organism, the Skin. It contains at least five pigments: melanin, carotene, flavonoids, oxy-haemoglobin, and reduced haemoglobin, at the intra-cellular level and in the circulatory system. Each element emits a wavelength of a specific colour, i.e. Hydrogen = RED and Oxygen = BLUE. These elements are attracted to the colour of the same wavelength. It is on this knowledge of the reaction of light/ colour on these elements that the practical principles of Chromo-therapy are founded.

### THE COLOURS OF THE SPECTRUM

The colours of the spectrum are classified in physics by their wavelength measurement known as Angstrom (A). Each colour has its own action:

RED	6,000 - 6,700 A	- Stimulating
ORANGE	5,900 - 6,000 A	- Regulating
YELLOW	5,800 - 5,900 A	- Energizing
GREEN	5,000 - 5,500 A	- Calming
BLUE	4,700 - 5,000 A	- Soothing
VIOLET	4,300 - 4,500 A	- Purifying



## IT'S ALL ABOUT BALANCE

When the normal function of a bodily organ is reduced, it means that the body's "laboratory" hasn't produced the necessary substance, either because of some inner dysfunction of the mechanism, or the lack of some essential element. The application of Chromo-therapy can be used as a valuable additional aid to bring back a normal balance.

## CHEMICAL EFFECTS OF CHROMO-THERAPY

In cellular biochemistry some reactions consume energy and other reactions produce energy. If the reactions that "produce energy" are too few, the cell will not have enough "fuel" for the reaction to "consume energy" to take place. Adenosine triphosphate (ATP) stores energy in the cells. This energy is transformed into Adenosine diphosphate that "releases energy". This conversion of energy relies on a series of reactions made by the "tricarboxylic acid cycle", otherwise known as the KREBS Cycle. For all you fitness buffs, this is important to note. When this cycle is out of balance, the body stores the energy as "fat" instead of using it as "fuel". It's also interesting to note that each of the compounds this biochemical cycle relies on for this transformation has a characteristic with a specific absorption of light/colour:

NADH	350 - 390nm	VIOLET
CYTOCHROME C	430nm	BLUE
CYT B	450nm	BLUE
CYT A	450- 490nm	GREEN
CYT C	550 - 570nm	YELLOW
CYT B	580 - 590nm	YELLOW / ORANGE
CYT A	600 - 650nm	ORANGE / RED

Knowing the therapeutic capabilities of sunlight make it easier to understand why this therapy works and how certain colours, when used separately, can be more effective.

## TREATABLE AESTHETIC CONDITIONS

To name a few:

**CELLULITE:** Colour VIOLET: The application time will be proportional to the extent of the condition, but never less than 10 min. Normally 20 sessions are needed to obtain significant long lasting results with some visual effects after 3 - 4 sessions.

**ACNE:** Colour RED, BLUE & GREEN: Applied in sequence, for 10 - 15 minutes per area.

**WRINKLES & STRETCH MARKS:** Colour ORANGE: The application time can be from 20 - 40 minutes depending on extent of the area. A minimum of 20 -25 sessions is needed.

**SKIN TONING:** Colour YELLOW /ORANGE: The application is 40 - 45 min. Very good results after 25 - 30 sessions.

**COUPEROSE:** Colour BLUE: The application is 20 minutes per area. A minimum of 10 sessions is needed.

**EXCESS FAT:** Colour RED: The application is 10 - 20 min. Minimum of 10 sessions is needed.

## BUYER BEWARE

Having previously explained that Chromo-therapy, also known as phototherapy, is a proven science, it is important to mention that treatments cannot be applied with light that is emitted from ordinary painted light bulbs. Even though the application may appear to be quite an "easy" therapeutic method, with no pain, or side effects, the correct apparatus used to achieve these results should be of a highly sophisticated design with specialized specifications. Along with many other capabilities, it must be capable of separating the colours, and delivering them at the selected wavelength, vibration, and duration. The application must be done by experts with a sound knowledge of the specialized physics and Chromo-therapy.

## INTEGRATED PROGRAM

Chromo-therapy is not a "stand alone" therapy, nor should it be considered a panacea. It is best when supported by an integrated program of other complementary treatments i.e. muscle/tissue stimulation, lymphatic drainage massage, acupuncture, or acupressure, etc. Some medical and psychological conditions have also been successfully treated with light /colour therapy, under the supervision of a medical practitioner, but that's another story.

