Color Therapy

The Cosmo-Color is a universally applicable and powerful color therapy unit with a broad spectrum of medical color frequencies. It is ideally suited for both spot and surface therapy.

Successful application:
- Reflex zone therapy
- Acupuncture
- Local exposure

The Cosmo-Color has 14 medical colors produced using special high-quality filters and bright white which is used for neutral stimulation.

There are numerous special publications and RJ advanced training courses as sources of information on the broad spectrum of chromotherapy. The Cosmo-Color will allow you to apply these therapies successfully.

With its compact design, the Cosmo-Color can be used in any consulting room and will soon become an indispensable part of your therapy programme, as it is easy and versatile in use.

Please pay close attention to the following instructions on operating and handling the Cosmo-Color and consult your supplier, RJ representative or RJ service if you have any further questions on how to use the unit.
Therapy with Light

Light has several well-proven uses in medicine. Regular sessions with e.g. white light are an excellent remedy for the “winter depression” known as seasonal affective disorder. Ultraviolet light is frequently used in the treatment of psoriasis. Natural light is a potential remedy for jaundice in newborns. And, for all of us, sunlight is a leading source of vitamin D.

How the Treatments Are Done

Seasonal Affective Disorder Treated With Pure White Light
Bright light therapy is the treatment of choice for seasonal affective disorder (SAD). The “white” lights used in these treatments match the radiation you would get from natural sunlight shortly after sunrise or before sunset, but do not contain any ultraviolet wavelengths.
To receive any benefit from this therapy, you must keep your eyes open during the entire session
Treatment Time: Ranges from 15 minutes to 3 hours, depending on the brightness of the light source.
Treatment Frequency: Therapy usually begins in the fall and lasts until early spring. It is best to have your sessions in the early morning or at dusk. One session per day is usually sufficient, although some therapists recommend twice-daily sessions for the first few days, or until your condition improves. You can probably take an occasional day off without any problem.

Other Conditions
If you are receiving light therapy for skin conditions such as psoriasis or vitiligo, your doctor will probably give you a drug called psoralen 1 or 2 hours before your session. During therapy, your entire body will be exposed to ultraviolet light. A series of 30 sessions is usually required over a period of 10 weeks. (A similar approach to skin cancer, using light-activated drugs, is currently under investigation.)
For jaundice in newborns, intense full-spectrum light (or sunlight) is the recommended treatment. Full-spectrum lights, which are now being installed in many offices, factories, and other workplaces, have also been recommended for ailments ranging from migraines to premenstrual syndrome, but have yet to be conclusively proven effective for anything but jaundice.

In one form of therapy, the practitioner directs light at a specific part of your body with a quartz-tipped “crystal flashlight.” In another, you sit under a bulb that diffuses colored light around you.
Each session will last approximately 25 minutes. The time needed for other forms of light therapy varies widely. For localized pain, one practitioner recommends 2 five-minute applications of red light to the site, followed by 10 to 15 seconds of light on the area around it. You’ll receive 2 or 3 treatments daily for the first week,
then twice daily sessions for a second week.

What the Treatment Hopes to Accomplish

Light has been used as a medicine for millennia. In the 6th century BC, Charaka, an Indian physician, treated a number of diseases with sunlight. Hippocrates and other ancient Greek physicians had their patients recuperate in roofless buildings, where they could soak up the rays of the sun. By the 1890s, European sanatoriums were prescribing incandescent electric “light baths” to treat many physical and psychological conditions, and Niels Finsen, a Danish physician, was using ultraviolet light to treat tuberculosis.

Light therapy as we know it today appeared in the 1980s, when doctors realized that people deprived of light sometimes developed symptoms such as depression, lethargy, inability to concentrate, and difficulty sleeping. Researchers speculated that the problems stemmed from a disruption of the patient’s circadian rhythm, an internal 24-hour “dark-light cycle clock” that governs the timing of hormone production, sleep, body temperature, and other functions. Circadian rhythm is regulated by the pineal gland, which, in turn, is controlled by the presence or absence of external light. During the first hours of darkness, the pineal gland produces the hormone melatonin, a substance that promotes sleep and, according to some researchers, may even strengthen the immune system. When you disturb the circadian rhythm by sleeping during the day, traveling across time zones, or getting insufficient exposure to light, your health begins to suffer. The two most striking examples of the phenomenon are jet lag and seasonal affective disorder (SAD).

SAD strikes 4 to 6 of every 100 people, most of them women over 20 years of age, although children also develop the disorder. The victims, who usually live in northern climates, generally feel fine during the spring, summer, and early fall, when the days are long, but become sleepy, gain weight, crave carbohydrates, and grow unhappy as the days get shorter. Some develop insomnia, lose their sex drive, grow irritable and moody, and find it impossible to complete tasks. Children may become hyperactive or have problems learning and concentrating. To reset the body’s internal clock, researchers tried giving SAD patients regular doses of full-spectrum or bright white light from late autumn to early spring. They speculated that the extra light would suppress overproduction of melatonin (the suspected cause of SAD) and keep the melatonin cycle “in time with the real world.” This theory was never substantiated, but the success of the treatments—for whatever reason—was indisputable.

Other experiments with light therapy have not, unfortunately, worked out as well. Light has been tried for a wide variety of ailments.

Colored light can eliminate problems in different parts of the body—for example, that flashing opaque white or violet light can reduce stress and relieve pain; or
that red light can remedy ailments ranging from endocrine problems to depression, impotence, headaches, stomach aches, and diabetes. Colored beams striking the eyes are supposed to regulate various body functions by stimulating corresponding areas of the brain.

The latest researches have shown, that e.g. red light stimulates the endocrine hormones, that our skin is sensitive to react on light.

When light enters the eye, brightness- and color-sensitive cells in the retina convert it to electrical impulses that travel up the optic nerve to the brain. According to one theory, these impulses stimulate the hypothalamus, the region of the brain that regulates such automatic functions as sleep, body temperature, digestion, moods, sexual function, and the immune system. Other theories suggest that light may affect other parts of the brain, such as the cerebral cortex, which governs creativity, learning, and memory; the cortex, which governs movement; and the brain stem, which controls balance. Critics of light therapy point out that none of the theories have been scientifically verified, and dismiss the whole issue.

Scientists also reject the claim that too much artificial light and too little natural light prevents the body from absorbing adequate nutrients. (Advocates of light therapy charge that sunglasses, windows, and pollution are reducing our exposure to the full spectrum of natural sunlight, and that indoor lighting—usually about 500 lux—is insufficient to compensate for the loss of the 50,000 lux supplied by sunlight.) Although it’s clear that exposure to sunlight increases the body’s supply of vitamin D—a necessity for healthy teeth and bones—critics say that its benefits stop there.

Who Should Avoid This Therapy?
Light therapy is not advisable if your skin or eyes are highly sensitive to light. Avoid it, too, if you have any type of manic-depressive disorder.
If you are taking any medications, you might want to check with your doctor or pharmacist before beginning light therapy. A wide variety of drugs can increase your sensitivity to light.

What Side Effects May Occur?
Overexposure to ultraviolet rays can cause skin cancer and may contribute to premature aging of the skin. Other possible side effects of light therapy may include a “hyper” feeling, mild headache, trouble sleeping, sore eyes, and other eye problems.
**Indications for Color Therapy**

**Acne**
- Main color for the inflammatory condition is green. Apply to the local area and use yellow on the stomach area to improve the digestion.

**Asthma**
- Apply indigo and violet on the throat area. Later orange can be used to increase the healing process, regeneration and psychic balance.

Points
- Lu 1, 2, 4
- Bl 13
- Orange: St 13, Bl 12, Ki 4, GV 23

**Allergy**
- Apply the color to the infected area, solar plexus.

**Bronchitis, acute**
- Apply green to the region of breast and throat, the acute condition must be balanced.

Points
- Ki 26, 27
- CV 22
- GV 23
- Ly 11

**Blood pressure (high)**
- Apply to the head/body.

Points
- Li 3, He 3,
- Ci 7
- Bl 23
- GV 20

**Blood pressure (low)**
- Apply to the head/body.
Points
GV 4, 6, 8,
Sp 6
St 36
Ki 3

Blood circulation red, purple, green
Apply to the region of bad blood circulation.

Points
Ci 6
Lu 7
Bl 15
GV 17

Depression yellow, orange, green
Apply to the Heart chakra, solar plexus, head/body.

Points
H 3,
KS 7, 8
Li 4
Sp 6

Diabetes yellow
Apply to the pancreas/stomach area.

Points
GV 14, 20
CV 12
St 36
Sp 6
Li 3, 11, 13

Eczema blue, green
Apply to the affected area.

Points
Sp 10,
Lu 7
Li 1, 11

Eye diseases green, blue
Local treatment.

Points (inflammation: blue)
Li 4, 11
Gb 20
Li 3
Bl 18

Exhaustion of energy orange, red, violet
Apply to the whole body (Color shower), solar plexus.

Points
Li 6, 13
St 36
Sp 9
GV 12
CV 4, 6

Fever blue
Locally to solar plexus, heart chakra, throat chakra.

Points
Lu 11
Li 4
He 6
Bl 40

Fear read, orange, magenta
Spinal cord, heart chakra. Blue to the point between the eyes. Magenta to the whole body.

Points
Lu 11
LI 13
He 7
Bl 23

Head ache blue, green, violett
Apply to the frontal head, especially to the area above the nose/ between the eyebrows or to the most painful area, front chakra, head chakra

Yang type (red skin, high blood pressure), high energy blue, green
Yin type (pale skin), low energy orange, yellow

Points
Bl 2, 4, 60
Ci 1, 6, 7, 3
CV 5, 15
Li 14
Lu 7
Li 44, 11

Heart disorder green, violett
Apply to heart chakra.

Points
He 5, 7
Ci 6
Bl 14, 16
CV 17

Inflammation blue, green
Apply to the afflicted area (color shower), solar plexus. Color to the acupuncture
points which correspond with the inflammed body parts.

Points
Li 4
Lu 7
Ki 1
CV 17
St 36
GV 4

Liver/Gallblader green, yellow, red
Radiate the abdomen at first with green 10 minutes and later a 10 minutes with blue. Yellow and red for 20 minutes to stimulate digestion and to improve the metabolism of the liver.

Points
Bl 18
Gb 25
Li 13
CV 12
St 36

Obstipation yellow
Yellow stimulates the digestion, intestine and stomach. Apply to the solar plexus and stomach chakra.

Points
CV 15
Li 13

Obesity blue
Apply to the whole body (Color shower), solar plexus.

Points
Li 12
Sp 5, LI 4

Pain blue/indigo, violet
Apply to the painful area for approximately 20 minutes.

**Points**
- LI 4
- Li 3, 14
- Gb 24
- He 7

Self healing power, exhaustion, psyche   orange, red
Depression
Main colors for regeneration and stabilisation is orange and red. Apply to the lokal area, head and front chakra, head chakra. the kidney should get red to increase the live energy.

**Points**
- CV 3, 12, 15
- GV 4, 10, 13, 19

Sinusitis   green, blue
Radiate the whole body with green for 30 minutes, thereafter the face for 20 minutes with blue.

**Points**
- LI 4, 11, 20
- GV 20

Skin   orange, red, green
All skin diseases which are not inflammatory should be treated with red. Apply to the local area, the whole body (color shower) and to main points. Red and orange will improve the cell regeneration.

Blue to lotions, cremes

Hypophysis with violet

Skin problems (wet) 30 minutes indigo

Skin problems (dry) 30 minutes orange

**Points**
- BL 54
Ki 1
Di 4

If the skin is inflamed the main color is green. Local therapy and green to the solar plexus.

Points
BL 54
Ki 1
Di 4
Yellow to Ly 11, CV 11

Skin aftercare blue
After the skin was treated (e.g. peeling) the main color is blue. Apply to the local area and use yellow (stomach area) to improve the digestion.

Warts blue
Apply to the whole body (Color shower), solar plexus.

Points

Ki 1
GV 14
Sp 6
Sp 10
Lu 7
### Indications (according to Wölfle)

<table>
<thead>
<tr>
<th>Indication</th>
<th>Colour</th>
<th>Duration minutes</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loss of weight</td>
<td>red + green</td>
<td>30</td>
<td>Expose stomach</td>
</tr>
<tr>
<td>Numbness of limbs</td>
<td>red</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Abscesses</td>
<td>blue</td>
<td>30</td>
<td>With red as soon as apyetous</td>
</tr>
<tr>
<td>Nightmares</td>
<td>red</td>
<td>30</td>
<td>Stomach area</td>
</tr>
<tr>
<td>Lack of appetite</td>
<td>red + yellow</td>
<td>20</td>
<td>Stomach area</td>
</tr>
<tr>
<td>Arteriosclerosis, heart</td>
<td>blue</td>
<td>30</td>
<td>Heart area</td>
</tr>
<tr>
<td>Arteriosclerosis, brain</td>
<td>blue</td>
<td>30</td>
<td>Skull</td>
</tr>
<tr>
<td>Asthma</td>
<td>green + red</td>
<td>30</td>
<td>Chest, shoulder</td>
</tr>
<tr>
<td>Ophthalmia</td>
<td>blue</td>
<td>30</td>
<td>Closed eyes</td>
</tr>
<tr>
<td>Barbers’ rash</td>
<td>blue + red</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Ulcus cruris</td>
<td>blue + red</td>
<td>40</td>
<td>With red as soon as apyetous</td>
</tr>
<tr>
<td>Chlorosis</td>
<td>red</td>
<td>30</td>
<td>Whole body exposure</td>
</tr>
<tr>
<td>Congestion</td>
<td>blue</td>
<td>20</td>
<td>Chest/back</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>green</td>
<td>30</td>
<td>Diet</td>
</tr>
<tr>
<td>Suppuration</td>
<td>yellow</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Epilepsy</td>
<td>yellow (blue)</td>
<td>20</td>
<td>Before going to bed</td>
</tr>
<tr>
<td>Obesity</td>
<td>blue</td>
<td>30</td>
<td>Blue sweat baths</td>
</tr>
<tr>
<td>Arthritis</td>
<td>green</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Thymopathy</td>
<td>red</td>
<td>30</td>
<td>Whole body exposure</td>
</tr>
<tr>
<td>Gout</td>
<td>green</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Hair loss</td>
<td>red</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Haemorrhoids</td>
<td>blue</td>
<td>30</td>
<td>Yellow on lower abdomen</td>
</tr>
<tr>
<td>Skin disorders</td>
<td>red</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Heart disease</td>
<td>blue</td>
<td>30</td>
<td>Whole body exposure</td>
</tr>
<tr>
<td>Lumbago</td>
<td>red + green</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Laryngopathy</td>
<td>red</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Whooping-cough</td>
<td>green</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Perioditis</td>
<td>blue</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Headache</td>
<td>blue</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Goitre</td>
<td>blue</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Paralysis of limbs</td>
<td>red</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Liver disease</td>
<td>yellow</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Gastroenteritis</td>
<td>yellow</td>
<td>30</td>
<td>Blue if in pain</td>
</tr>
<tr>
<td>Measles</td>
<td>red</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Nervous disorders</td>
<td>green</td>
<td>300</td>
<td></td>
</tr>
<tr>
<td>Organ</td>
<td>Colour</td>
<td>Organ</td>
<td>Colour</td>
</tr>
<tr>
<td>---------------------</td>
<td>-------------------</td>
<td>---------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>Anus</td>
<td>red</td>
<td>Muscles</td>
<td>red</td>
</tr>
<tr>
<td>Arteria</td>
<td>red</td>
<td>Back of neck</td>
<td>green</td>
</tr>
<tr>
<td>Eyes</td>
<td>indigo</td>
<td>Nose</td>
<td>indigo</td>
</tr>
<tr>
<td>Bladder</td>
<td>yellow</td>
<td>Nerves</td>
<td>indigo/violet</td>
</tr>
<tr>
<td>Blood</td>
<td>red</td>
<td>Kidneys</td>
<td>blue</td>
</tr>
<tr>
<td>Breasts</td>
<td>orange</td>
<td>Ears</td>
<td>blue</td>
</tr>
<tr>
<td>Large intestine</td>
<td>orange</td>
<td>Pancreas</td>
<td>orange</td>
</tr>
<tr>
<td>Small intestine</td>
<td>yellow</td>
<td>Prostate gland</td>
<td>red</td>
</tr>
<tr>
<td>Glands</td>
<td>red/orange</td>
<td>Vagina</td>
<td>blue</td>
</tr>
<tr>
<td>Ovaries</td>
<td>red</td>
<td>Thyroid gland</td>
<td>blue</td>
</tr>
<tr>
<td>Elbow</td>
<td>orange</td>
<td>Spine</td>
<td>red</td>
</tr>
<tr>
<td>Finger</td>
<td>green</td>
<td>Teeth</td>
<td>red</td>
</tr>
<tr>
<td>Feet</td>
<td>green</td>
<td>Gums</td>
<td>blue</td>
</tr>
<tr>
<td>Gallbladder</td>
<td>red/orange</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brain</td>
<td>violet/green</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Genitals</td>
<td>red</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Face</td>
<td>blue/indigo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Limbs</td>
<td>red</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hair</td>
<td>blue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Throat</td>
<td>blue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hands</td>
<td>red</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skin</td>
<td>orange/yellow</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heart</td>
<td>pink/green</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Testicles</td>
<td>red</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hips</td>
<td>green</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pituitary gland</td>
<td>violet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jaw</td>
<td>blue/green</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knee</td>
<td>blue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bones</td>
<td>indigo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ankle</td>
<td>blue/green</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Liver</td>
<td>yellow</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lung</td>
<td>red</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stomach</td>
<td>yellow/orange</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spleen</td>
<td>red</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mouth</td>
<td>yellow/blue</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Chakra therapy

The human body contains vital energy pathways and centres. Besides the acupuncture meridians, these are the seven chakras, located along the centreline of the body:

<table>
<thead>
<tr>
<th>Chakra</th>
<th>Colour</th>
<th>Property</th>
<th>Gemstone</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Root</td>
<td>red</td>
<td>life force</td>
<td>garnet</td>
</tr>
<tr>
<td>2. Spleen</td>
<td>orange</td>
<td>energy, fertility</td>
<td>carnelian</td>
</tr>
<tr>
<td>3. Solar plexus</td>
<td>yellow</td>
<td>intellect, self</td>
<td>citrine</td>
</tr>
<tr>
<td>4. Heart</td>
<td>green, pink</td>
<td>harmony, empathy</td>
<td>jade, rose quartz</td>
</tr>
<tr>
<td>5. Throat</td>
<td>blue</td>
<td>communication</td>
<td>turquois, sodalite</td>
</tr>
<tr>
<td>6. Forehead</td>
<td>indigo</td>
<td>psychic</td>
<td>rock crystal, blue sodalite</td>
</tr>
<tr>
<td>7. Crown</td>
<td>violet</td>
<td>spirituality</td>
<td>amethyst, rock crystal</td>
</tr>
</tbody>
</table>

Colours associated with the fingers:
- Thumb: red
- Index finger: red
- Middle finger: green
- Ring finger: blue
- Little finger: violet

Crown - violet
Forehead - indigo
Throat - blue
Heart - green, pink
Solar plexus - yellow
Sex - orange/gold
Acupuncture

The colour associations of the meridians are known from classical acupuncture. These colours can be used to stimulate the meridians and organs.

<table>
<thead>
<tr>
<th>Meridian</th>
<th>Associated colour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liver</td>
<td>dark green</td>
</tr>
<tr>
<td>Gallbladder</td>
<td>light green</td>
</tr>
<tr>
<td>Heart</td>
<td>red</td>
</tr>
<tr>
<td>Small intestine</td>
<td>pink</td>
</tr>
<tr>
<td>Spleen/pancreas</td>
<td>yellow</td>
</tr>
<tr>
<td>Stomach</td>
<td>pale yellow</td>
</tr>
<tr>
<td>Lung</td>
<td>grey-white</td>
</tr>
<tr>
<td>Large intestine</td>
<td>white</td>
</tr>
<tr>
<td>Kidney</td>
<td>black</td>
</tr>
<tr>
<td>Bladder</td>
<td>charcoal grey</td>
</tr>
<tr>
<td>Pericardium</td>
<td>indigo</td>
</tr>
<tr>
<td>Triple warmer</td>
<td>light blue</td>
</tr>
</tbody>
</table>

Standard therapy:

- **tonicising**: red, orange
- **sedative**: blue
- **neutral**: yellow, green

However, the best method is to proceed according to the specific points of the meridian, see figures on pages 36-49.
Lung meridian

Stimulating colour  blue  Lu 9
Sedative colour  orange  Lu 5
Large intestine meridian

Stimulating colour  green/blue  LI 9
Sedative colour  red/orange  LI 5
Stomach meridian

Stimulating colour  red  St 41
Sedative colour  green  St 45
### Spleen/pancreas meridian

<table>
<thead>
<tr>
<th>Type</th>
<th>Colour</th>
<th>Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stimulating colour</td>
<td>yellow/green</td>
<td>Sp 2</td>
</tr>
<tr>
<td>Sedative colour</td>
<td>red/violet</td>
<td>Sp 5</td>
</tr>
</tbody>
</table>
Heart meridian

Stimulating colour  yellow  He 9
Sedative colour  violet  He 7
Small intestine meridian

Stimulating colour   orange/yellow  SI 3
Sedative colour     blue/violet    SI 8
Bladder meridian

Stimulating colour  orange  BI 67
Sedative colour  blue  BI 65
Kidney meridian

Stimulating colour  red/orange  Ki 7
Sedative colour  green/blue  Ki 1, Ki 2
Circulation meridian

Stimulating colour  red Ci 9
Sedative colour  green Ci 7
Triple warmer meridian

Stimulating colour  red/violet  3-W 3
Sedative colour    yellow/green  3-W 10
Gallbladder meridian

Stimulating colour: violet  Gb 43
Sedative colour: yellow  Gb 38
Liver meridian

Stimulating colour: blue/violet  Li 8
Sedative colour: orange/yellow  Li 2
Central vessel

Stimulating colour  violet CV
Sedative colour  yellow CV
Governing vessel

Stimulating colour  yellow  GV
Sedative colour   violet  GV
Ear points

Body projection in the ear

Psychotropic points

- Shen-Men
- Bourdiol
- O-point
- Aggression
- Anxiety

Pleasure point

Endocrinal points

- Gestagen
- Oestrogen
- Adrenal gland
- Interferon
- ACTH
- Gonadotrophic
- Pituitary gland

Omega, psychosomatic main point

Neurodermatitis

Thymus
Parathyr.
Thyreoida

Liver

Adrenal gland

Lung

Subcortex

30
Reflex zone therapy

Reflex zone therapy is a very extensive field and is ideal in combination with other therapeutic measures. Most common in practice is foot reflex zone therapy, and Head and segment zone therapy.

Segment and Head zones

Expose the segment zones according to the corresponding organ.
Foot reflex zones

Expose points with the spot beam.
Dermatology, cosmetics

Chromotherapy is used successfully in dermatology and cosmetics. Use the Cosmo-Color as often as possible, as it is an ideal holistic supplement to the conventional cosmetic treatment methods.

Example of colour treatment in the studio:

1. Begin with green (3-5 minutes)
   First expose the skin to green for about 3-5 minutes. This is an ideal preparation for the cosmetic treatment (it calms and balances).

   Then red (3-5 minutes)
   Then expose to red or orange for 3-5 minutes so that the pores open and the circulation is stimulated. This facilitates the effect of the skin cleansing and the intake of the active agents.

2. During treatment, the individual colour (10-15 minutes)
   Expose according to the individuality of the customer (relaxing or activating etc.) or according to the type of cosmetic treatment.

3. An optional final colour, 1-3 minutes
   Conclude the therapy with the colour that supported/supplemented the previous treatment. Blue has a calming effect and is the ideal final colour.

If you do not want to follow the 4 steps above in your therapy, simply choose the colour that suits the individual situation of the patient.

Recommended colours
orange  Wrinkles, dry skin, striae, accompanying dieting to stimulate the metabolism. The healing colour for the skin, especially if emotional tension is involved.

red     Acne, sunburn, eczema, allergy, vitiligo, metabolism, activates.

yellow  Slight slackening of skin, light striae, promotes digestion

green   Acne, couperose, vitiligo, rejuvenating agent, regenerating

blue    Greasy skin, varicose cutaneous veins, couperose, cuts, calms/cools after peeling, use with cooling facial masks, relieves pain, is antiseptic

turquoise  Strengthens the skin

violet Scars, orange skin, lymphostasis
Acne

1. Violet to the centre of the crown chakra
2. Yellow to the left and right of the liver below the costal arch
3. Green and violet locally on the acne itself

Hair loss

1. Orange to the places afflicted by hair loss
2. Yellow to the thymus gland
3. Magenta to the crown chakra

Skin allergies

1. Green to the afflicted skin areas
2. Yellow to the kidney poles
3. Violet to the centre of the crown
**Indication table of Cosmo-Color colours**  
(RJ abbreviated version)

<table>
<thead>
<tr>
<th>Colour</th>
<th>Healing effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pink</td>
<td>Reduces aggression and tension, harmonizes, activates the thymus gland.</td>
</tr>
<tr>
<td>Red</td>
<td>Strongly stimulating, activates metabolism, nervous system/circulation/blood pressure, strengthens organs, acne, basic Chakra.</td>
</tr>
<tr>
<td>Orange</td>
<td>Improves moods, increases vitality, relaxes cramps, strengthens organs and muscle systems, wrinkles, dry skin, spleen Chakra.</td>
</tr>
<tr>
<td>Green</td>
<td>Harmonizing, balancing, strengthens the nervous system, strengthening, invigorating, heart Chakra.</td>
</tr>
<tr>
<td>Yellow</td>
<td>Strengthens the vegetative nervous system, anti-depressive, improves digestion, solar plexus Chakra.</td>
</tr>
<tr>
<td>Gold</td>
<td>Stimulates the immune system, activates healing energy, stabilizes the spiritual balance</td>
</tr>
<tr>
<td>Turquoise</td>
<td>Enlivens, refreshes, purifies, strengthens the skin, pain reducing, cooling.</td>
</tr>
<tr>
<td>Blue</td>
<td>Cooling, relaxing, for oily skin, couperosis, inhibits infections, antidematosis, reduces blood pressure, head Chakra.</td>
</tr>
<tr>
<td>Indigo</td>
<td>Pain reducing, for spiritual exhaustion, cooling, strengthens the lymph system, forehead Chakra.</td>
</tr>
<tr>
<td>Violett</td>
<td>Activates mental processes, opens the spirit, migraines, purifying and antiseptic, scars, cellulite, part Chakra.</td>
</tr>
<tr>
<td>Magenta</td>
<td>Tones the heart, kidneys, circulation and sexual organs, spiritually harmonizing.</td>
</tr>
</tbody>
</table>
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13. Summary

1. Therapy duration and intervals between applications should be defined according to individual case!

3. Complementary medical treatment (e.g. organ preparations, phontosensitizing substances such as hypericin).

4. Never use the Cosmo-Color as a sole measure in therapy. Other measures must constantly be sought and a holistic approach aimed at which will quickly and gently relieve or eliminate suffering through the use of optimal methods with minimal side effects.

Colour stimulation should always undertaken in conjunction with other causal therapy.

14. Contra Indications

No side effects are known.

Treatment of the thyroid should be avoided particularly in cases of hyperfunction.

Malignant processes.