

Red is called “The Great Energizer.” It loosens, releases stiffness and constrictions. It is excellent for areas that have become stiffened. It promotes cellular growth, stimulating the circulatory system. It is therefore indicated for all colds, sluggish or dormant conditions, such as **pneumonia, arthritis, anemia, as a liver stimulant, an energy builder, and for increasing circulation.** Red links with and stimulates the base of the spine, causing the adrenal glands to release adrenalin. This results in greater strength. Red causes hemoglobin to multiply, thus increasing energy raising body temperature conditions as it stimulates sensory nerves such as hearing, taste, smell, and activates metabolism. It is excellent for anemia or blood-related conditions.

Yellow helps awaken mental inspiration arousing higher mentality. Thus, it is an excellent color for nervous or nerve-related conditions or ailments. Yellow can be used for conditions of the stomach, liver, and intestines. It can help the pores of the skin by repairing scarred tissue. These rays have an alkalizing effect, which strengthens the nerves. Typical diseases treated by yellow are **constipation, gas, liver troubles, diabetes, eczema and nervous exhaustion.** Providing clarity of thought, increasing awareness, stimulating interest and curiosity yellow energy is related to the ability to perceive or understand. The yellow energy connects us to our mental self.

Green is the universal healing color and can therefore be used for just about any condition in need of healing. When in doubt, green will always work. Help relax muscles, nerves, and thoughts. The color green cleanses and balances our energy, to give a feeling of renewal, peace and harmony. Used primarily for balancing our whole being It is neither relaxing nor astringent in its impact. Green affects blood pressure and all conditions of the heart. Having both an energizing effect, moderating, or soothing effect. Green can help heal many illnesses of this nature, specifically including **heart troubles, decreasing and stabilizing blood pressure, ulcers, cancer, headaches, nervous disorders and influenza,** and acts as a general tonic.

Blue can be used for any type of ailments associated with **speech, communication, or the throat.** This is a **mentally relaxing** color. Blue has a pacifying effect on the nervous system encouraging great relaxation. It is ideal for **sleep problems.** Relaxing, soothing blue rays bring great **calm and peace to the mind that is worried, excited, or in a constant nervous state.**

Orange has a freeing action upon the mind, relieving repression. Because orange is a blend of red and yellow, it combines physical energy with mental wisdom, inducing a transformation between lower physical reaction and higher mental response. Orange is often referred to as “The Wisdom Ray.” Orange is warm, cheering, and non-constricting. Through orange, we are able to heal the physical body (red) and, at the same time, induce within the mind (yellow) greater understanding. Orange is the best emotional stimulant, helping to remove inhibitions paving independent social behavior. Bring joy to your workday and strengthen your appetite for life. Orange aids in **repairing inflammation of the kidneys, gallstones, menstrual cramps, epilepsy, wet cough and all sinus conditions.**

Violet is the last color we can see before light passes on to ultra-violet. This color is an excellent remedy for **neurosis, diseases of the scalp, sciatica, tumors, rheumatism, cerebral- spinal meningitis, concussion, cramps and epilepsy.** Violet animates and cleans the venous blood. It is generally not used for physical conditions; however, some color experts believe that it does provide nourishment to the cells in the upper brain.