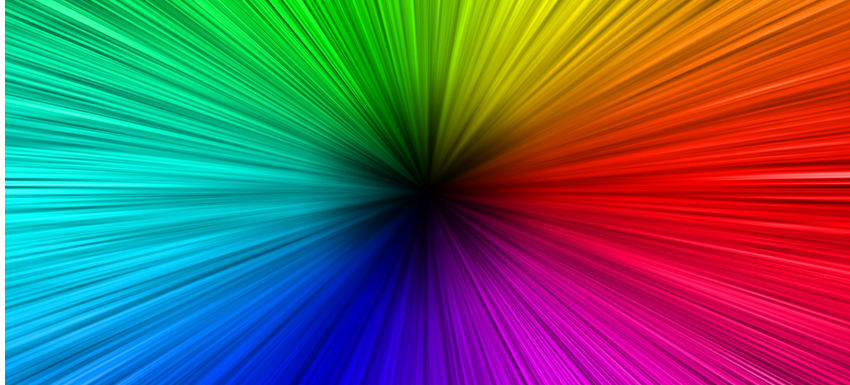


# USING COLOR THERAPY

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Chromotherapy, also known as color therapy, is an alternative healing modality which uses the effects colors have on us, particularly experienced in our mood. The vibrations of each color affect our mood, emotions, and even our physical health. Color affects everyone.

## Using Chromotherapy in Your Day-to-Day Life

You don't have to seek a professional to benefit from the effects of Chromotherapy and the use of color to produce a better mood or perspective. There are many ways you can incorporate colors into your daily routine, which can help you stay healthy and feel happier. From changing the colors of your clothes to paying attention to the colors of the foods you eat, you can use Chromotherapy to enhance your life.

Each color can cause a different set of changes to the body. By looking at what properties each color embodies, it's easier to gain a more thorough understanding of how chromotherapy can help you.

## Below are a few examples of how color can have a positive effect:

**Red** - Red has an uplifting effect. Red colored bath water and the use of red lights have been effective methods of helping paralysis patients recover.

**Yellow** - There have been cases in which colds have been eased by exposing the individual to sunlight filtered through yellow glass.

**Blue & Purple** - These colors help to cool the body, which can help with conditions caused by inflammation. Green tea is beneficial in boosting the immune system. Green tea is actually a mixture of blue and yellow colors. In chromotherapy, blue lights have been used to treat sciatica and lung hemorrhages. Combined with regular white light, blue light has helped patients recover from rheumatism, invalidism, and nervousness, even after more traditional medical treatments failed to produce results.

## Ideas for bringing more color into your daily routine:

Repaint the walls in your home a more uplifting color.

Eat more colorful fruits and vegetables.

Buy color themed home decor.

Use colored light bulbs in your table lamps. Put a string of colored lights on a counter or fireplace mantel.

Dress in colors that correspond to that day of the week.

Be more observant of the colors in your environment.

Really look at color and define how each color makes you feel-I love purple, purple makes me feel happy! Chromotherapy can be used to lift your mood. By using more positive and vibrant colors in your day, you can feel better about yourself, and you'll be more productive and have more energy. Changing the colors, you expose yourself to on a daily basis can help you maximize the benefits you'll enjoy as well. Additionally, using Chromotherapy in your daily life can add a bit of fun to your routine.