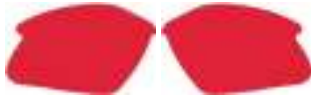


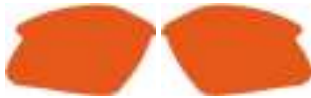
Color Therapy through Glasses

We receive 90% of our information through our eyes. Therefore, when we wear a certain colours of lenses in eyewear, we are able to see and feel the world through that color. Basically, we feed our body the attributes and qualities of that colors' vibration. Simply by wearing the "Color Energy" Glasses, the distribution of energy and harmony in the body is influenced (directly by that color) since the color acts through the eye directly upon our body âs physical, mental and emotional system helping us to improve our overall state of being.

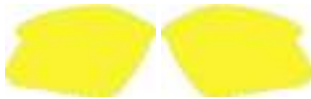
COLOUR DESCRIPTIONS



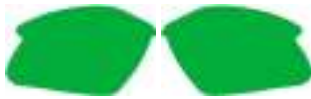
RED - The Power Glasses. Due to their very special colour frequency these glasses have the most stimulating effect and should only be worn for short periods of time. These glasses increase our life strength and vitality.



ORANGE - The Invigorating Glasses. Orange is the giver of strength after physical and emotional exhaustion. Through its warmth this is the best color to uplift one's spirits, and has been used to alleviate depression, pessimism and fatigue.



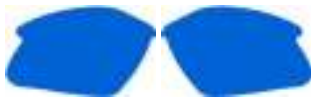
YELLOW - The Clarity Glasses. Helps to bring focus for improved comprehension and clearer perception (ideal for driving). The joy of life is seen through this sunny yellow color enhancing our confidence and motivations.



GREEN - The Harmonizing Glasses. Mental and physical harmony is stimulated from within and helps in this way to unfold our inner qualities. Green creates a natural peace and aids in the relaxing of our muscles.



TURQUOISE - The Regenerating Glasses. This color has a sedating and calming effect on our whole system and is capable of reducing resistance to the environment and other anxieties.



BLUE - The Anti-Stress Glasses. The blue glasses lead to inner peace and composure. Mental stress and agitation are soothed as well blue is known to help reduce blood pressure and help balance the hormones.



VIOLET - The Inspirational Glasses. Violet is the expression of the highest oscillation in the visible range and is known as the colour for meditation and spiritual deepening. Helps us to concentrate on our inner world.

What is Color Therapy? Color therapy is an area of holistic healing which uses color in an attempt to affect our mood, emotions and possibly even our health. There are different ways to incorporate color therapy into your life. You can sit under a lamp which emits different colored light. You can point colored light at a specific part of your body using a Penlight Set. There are also lamps available which light up the whole room or are directed to your body. You can use color therapy oils or baths, wear certain colored clothes or paint walls a specific color. Probably the easiest and most popular way is to wear color therapy glasses where you can see the world through "rose colored glasses," if you will (or green colored or yellow colored or violet colored, etc). The color of the light entering your body is concentrated in one spectrum. The mood or emotions associated with that color are enhanced, which can cause a shift in that direction.

How Does Color Therapy Work? Although we would live, we would probably not be healthy if we lived in total darkness without any light. Light can affect our mood. Most of us feel better and more cheerful on a sunny day than on a gloomy, sunless day. Some people living in areas which do not get many sunny days in the winter develop Seasonal Affective Disorder (SAD). Studies have indicated that working the grave yard shift may be detrimental to your health. We need light to be healthy.

Even though we don't see it, the light around us contains the full spectrum of colors. Each color has its own frequency and vibration. In some natural healing schools of thought, different colors are believed to relate to different parts of our body. You may want to read more about these energy centers, or chakras.

It is thought by some that our tissues and organs need the same energies as light. When disease or injury disturbs the vibration and energy of an organ or area of our body, applying the associated color frequency can restore the body to health. Eastern medical practice teaches that we have meridians which carry energy through the body and connect to each organ. This is the theory behind acupuncture which attempts to remove blockages to the energy flow.

Color is thought to do the same thing. Each color's vibration is associated with different attributes and qualities. Light entering through our eyes may trigger the production of hormones which control the biochemical system of the body. It also can influence our emotions and well-being by supplying the frequency we need to keep our mind and body in balance. Color does not heal. Rather, it enables the body to heal itself.

What is Color Therapy? Light is necessary for health. To be healthy, it is important to be exposed to the full spectrum of light on a regular basis. Sunlight contains the full spectrum of colors. Each color has a different frequency and vibration. Different colors are believed to relate to different parts, or energy centers, of your body. Color therapy teaches that different colors affect us in different ways. They may cause certain emotions or attitudes to change. Each color is thought to have different attributes and qualities which could influence our emotions and well-being. The different colors can supply the frequency we need to keep our mind and body in balance.

Benefits and Associations of Each Color - Here are benefits and associations thought to correspond to the different colors.

Red: Strength, ambition, alertness, self-confidence, appetite stimulant, feeling of security and safety

Orange: Resourcefulness, social confidence, optimism, inspiration, enjoyable relationships.

Yellow: Mental clarity, concentration, inspiration energy

Green: Harmony, balance, peace, calmness

Aqua (Turquoise): Openness, calmness, relaxation. sensitivity

Blue: Improvement in hyperactivity in children, communication, creativity, mental relaxation, peace

Indigo: Imagination, intuition and awareness, strong deep sleep

Violet: Calmed nerves, reduced excitement and irritation, creativity

Magenta: Relaxation, gentleness, balance of emotions (both under and over emotional)

How Long Should You Wear Color Therapy Glasses? It is recommended that the color therapy glasses are worn for at least 10 minutes a day. But they can be worn for as long as you want. It is not possible to "overdose" on color.

Possible Health Benefits of Color Therapy - It is generally not disputed that light affects us. Even conventional medical practice uses light to treat certain diseases. Phototherapy is used to direct ultraviolet light to the affected area in the treatment of psoriasis and acne. Blue light is used to treat hyperbilirubinemia, a liver condition in premature babies. Light is used to treat Seasonal Affective Disorder (SAD).

The Relationship Between Light and Melatonin - Sleep experts have known about the relationship between melatonin and light exposure for a long time. In fact, both melatonin and light are said to control the synchronization of the biological clock.

Melatonin, the chemical that is known to be important to sleep, can be controlled by light. In fact, light exposure suppresses melatonin production. This is why it's hard to sleep in a room that isn't dark.

If you are sleepy during the day, sleep experts suggest going outside and exposing yourself to large doses of sunlight during the middle of the day instead of taking a nap. This will suppress melatonin production and give you a "wakeup."

Alternative Medicine - Alternative medicine also uses light in the practice of color therapy. With color therapy, there are different associations, attributes and possible benefits to each color. It is also thought that there may be medical benefits. This is how color therapy is believed to work:

A color will vibrate at a specific frequency. It is said that organs and glands of our bodies also vibrate at specific frequencies and that colors correspond to the areas of our body which have the same frequency. When we are sick, our organs and glands may become out of balance and not function at their proper frequencies. Restoring the proper frequency is thought to restore health.

Holistic Health - For those interested in holistic health, a convenient and efficient way to apply this color therapy is to wear color therapy glasses. It is believed that the color entering the eyes is directed to the hypothalamus gland, from there to the pineal gland and then to the pituitary gland, which regulates and governs hormone production. As the brain processes this information, it is believed that it causes cellular and hormonal changes. The key is that the frequency of the color may be transmitted to the area of the body which recognizes it. The frequency, or vibration, of the color is constant. The vibration can "tune" that area of the body. In other words, that area may now be restored to its proper vibration and be restored to health while the color is being used. If used regularly, the body may learn to function properly on its own, much as it will with physical therapy.

Another way to use color therapy is with a device such as the Chroma-live® Color Therapy Penlight Set. With this type of device, color can be directed externally to a specific problem area of the body, for example, burns. Other methods of applying color therapy are wearing certain colored clothes, taking a color bath, using color therapy oils, using a colored lamp in a room or painting walls a specific color.

ABOUT COLOR THERAPY GLASSES

Wearing Color Therapy Glasses! The color therapy glasses can be worn daily for 30 to 60 minutes. Or you can wear them as long as you like.

If you use a specific color for an acute condition, you could wear the color until the symptoms disappear. You can focus on one specific problem and color, or you can wear as many colors as you would like each day.

Color therapy glasses can be worn whenever and wherever you wish, day or night. Listen to your body. Experiment with all the colors, learning how they effect you. Try all of the glasses. Each will probably affect you uniquely.

What is Color Therapy? How Does It Work? Color Therapy is simply the therapy of using colors to heal. Certainly modalities of using color therapy to heal includes shining color lights on a person, being in a room painted in a particular color, wearing certain colored clothes, imagining colors shining upon you while sitting still with eyes closed, eating fruits and vegetables of certain colors, and wearing the color therapy glasses, which was designed to make the use of color therapy convenient and affordable.

The eyes convert light (color) into a kind of energy which travels through our nervous system, which can affect all body functions. Studies have shown that when color is introduced to the human system it causes cellular and hormonal changes thus bringing the cells into synchronization or balance with the color.

How does Color Work? Each color vibrates at a specific, individual frequency, as do the glands and organs of the body. Each color corresponds to a specific area of the body. Color vibrates true to frequency. It never deviates, but people deviate. The body is constantly being challenged in life and is always working to maintain balance. When we are ill, the body is out of balance; the body is not functioning at its proper frequencies. A key to feeling better is to bring balance back to the area of the body that is the source of the illness.

Color Entering the Eyes! One method of using color is by having it enter a person's eyes. Color entering the eyes is directed to the hypothalamus gland, then to the pineal gland, which directs it to the pituitary gland, which governs and regulates hormone production. The brain processes this information, which causes cellular and hormonal changes to occur. The frequency of the color is transmitted to the area of the body that recognizes the frequency. The color's vibration tunes into the corresponding area bringing it into synchronization with the color. This brings the organ or gland back to its proper function. While using color the body is functioning properly. If used daily the body will relearn to function on it's own, much the way physical therapy works.

Since each color corresponds to a specific area of the body, we need each color. This we can receive from the sun's light. It is important to receive this light outside, because glass does not allow certain wavelengths through and this creates a certain malnutrition of color.

VIOLET - Violet has the shortest wave length of the visible colors. Healing properties... Violet is a motor depressant: depressing over-active parts of the body (except the spleen and the parathyroid). It relaxes, calms, and depresses the nerves of over-excitabile people. It is also a cardiac depressant: relaxing and soothing to the muscles and nerves controlling the heart. Violet is an antibiotic: building organisms that destroy harmful organisms. It is also a splenic stimulant: it builds the white corpuscles in the spleen. (The spleen produces Vitamin D. As the blood passes through the spleen to the heart, a final cleansing takes place to remove any harmful poison or bad cells.) Reduces excitement and extreme irritations. Depresses the action of the lymphatic glands for lowered nutrition such as in overweight. Depresses the appetite. Gives relief from dysentary and diarrhea. Gives a wonderful deep sleep similar to the Indigo.

INDIGO- Healing properties...Indigo depresses the thyroid and at the same time stimulates the parathyroid. Depresses the heart: shrinks an enlarged heart. It is an analgesic: giving relief specially to pain from extreme swelling. It actually reduces acute swelling, as well as relieving pain. It is a very strong sedative. Has a narcotic effect: produces a strong, deep sleep. Upon awakening, there are no hangovers or drug-like, effects. Instead, one feels alive, alert, and refreshed. Stops hemorrhages and nose bleeds. Stops internal bleeding into the tissues and organs.

It is an astringent: tightening, firming and toning the flesh, skin and nerves. (Women particularly enjoy its effect of firming the skin.) As an antibiotic, it equals or surpasses any of the manufactured products on the market with no harmful side effects. The body never becomes allergic or intolerant to its antiseptic action.

BLUE - Blue is the color of the pineal gland - the color of the spirit. A strong, deep blue in the aura indicates maturity, calmness, and dependability whereas a light thin blue in the aura indicates anemia. Blue is a creative force. The oxygen in blue unites, or intercepts, the hydrogen in red to increase perspiration as a fever is broken. It relieves all fevers and burns, just slightly stronger than the turquoise: to be used after the turquoise if fever persists. It is a vitality builder: the oxygen neutralizes the fatigue poisons for a more relaxed and calming condition. It produces a peaceful effect for sounder sleep. It relieves itching and irritations.

GREEN - Green is the master color - it is a vibrant color of life and growth - the most predominate color in the life force of our planet. Green is the fulcrum of the primary colors and stands out as the key to prepare the body for more effective results from the other colors. Start all schedules with one or more green exposures. Green stimulates the pituitary gland (the master gland): it is the best basic color for all disorders (chronic and acute conditions). Many conditions may be cleared up with green alone. There are no side effects from the use of green. Raises the vibrations of the body above the vibrations of disease - a form of immunity from all diseases. Destroys and heals all infections. Hospitals find less infections when green is present. Is crisp, cool, and fresh-cleaning in nature. Has the universal appeal to the sense of balance and normality. Is the color of clarity: destroying rooting materials, and building cells and tissues Green dissolves blood clots in any part of the body or head - in less than an hour: there is nothing in medicine that works so fast and that do not have potentially dangerous side effects

A Note on Nitrogen...

Many elements needed by the body are absorbed from the air through the lungs. Both Oxygen and Hydrogen are taken from the air, but few realize that Nitrogen is also from the air and used as a protein builder. Nitrogen is the substance of protein, the builder of muscles. Breathing fresh air and eating of fresh fruits and vegetables eliminates completely and possible need for any of the animal forms of food. Plants also obtain a great percentage of their nitrogen from the air. Animal proteins are highly toxic and destructive - they have no place in creative nutrition. Smoking prevents the lungs from utilizing the nitrogen from the air. Heavy smokers have a craving for toxic animal proteins.

Green and Cancer... The main color used for cancer is green. Cancer feeds on waste and rotting conditions within the body. When these wastes are removed from the body, the cancer cannot feed on healthy tissue, so it breaks up and passes out of the body - absolutely harmlessly. The fear of cancer is greatly exaggerated. The fear of cancer kills more people than cancer itself. A clean, healthy body will never produce any form of cancer. The use of green on open sores, cuts, bruises and damaged flesh is truly wonderful. Use green for burns in connection with turquoise to build muscle and tissue, and to build new skin without scars. (See turquoise below)

YELLOW - Yellow is a creative color - a most inspiring color. Yellow brings the following benefits... Stimulating, activating, endless energy and building of the motivating actions in the body. Acts as a motivating action for all kinds of paralysis such as in strokes or sluggish organs.

Depresses the spleen and the parathyroid gland. Increases the appetite. Aids in better assimilation for better nutrition. Is a nerve stimulant and builder. Stimulates and strengthens the heart for better circulation. Stimulates the lymphatic glands. Stimulates and builds the eyes and ears. Destroys body worms and drives them out of the body. Worms and insects shy away from the yellow. Loosens and aids in elimination of calcium and lime deposits that cause arthritis, neuritis and similar conditions. Creates self-confidence and courage.

ORANGE - Orange is the color of success. Projected on the body it contributes to the following: Helps you expand your interest and activities. Gives life and healing with its increase in oxygen by stimulating of the lungs and thyroid glands. It is a lung builder and respiratory stimulant: it heals all lung disorders. It depresses the parathyroid glands. It stimulates the production of milk in the mammary glands. This eliminates the need for animal milks and artificial formulas. Nothing can compare with mother's milk if she is eating the correct foods. Causes vomiting or stimulates action in the opposite direction in case of indigestion. Relieves gas in the digestive system; alleviates convulsions and cramps in all parts of the body. Decreases menstrual cramps and increases discharges. Relieves all kinds of discharges and eliminations. It is most effective for hiccups. It is a pustulant; drawing boils, carbuncles, and abscesses to a head. Most spices come under the orange color and may be used sparingly in the diet. They contain many trace elements that may be lacking in other foods (note: black and white pepper must not be used at any time as they contain a form of cumulative poison). Other spices act as a mild laxative and stimulant for the digestive tract.

RED - It is a very exciting color. The longest wavelength in the visible spectrum is red: it has the lowest rate of vibration of the visible spectrum. It is an expression of vitality, of nervousness, and of glandular activity. A strong, clear red in the aura indicates force, vigor, and energy. A clear dark red is a sensual color, building and stimulating the five senses. It is also the color of warmth, love and tenderness. Treating with this color stimulates the automatic nervous and circulatory system. It is a very strong selling color. High pressure salesmanship is predominantly red. It is an irritant and excitant. A dark and cloudy red indicates high temper and nervous turmoil. A light thin red aura indicates a nervous, impulsive, and self-centered person with very little reserve of nervous energy. Stimulates and builds the liver. Builds the red corpuscles in the liver which are stored in the bone marrow for any needed emergency or sudden loss of blood. Is a postulant: draws poisons to a head on the surface to be eliminated. It is an outgoing vibration related to aggressiveness and conquest. The negative aspect of red is an aggressive warlike attitude and instability with a very strong sex drive.

TURQUOISE - Turquoise is an acute alterative for all sudden pains and aches. Use turquoise after the green for all infections. Use turquoise for skin building when damaged by any degree of burns, scratches, sores and infections. (Pain from burns is usually gone within one hour. The complete healing of third degree burns occurs in less than three weeks without a trace of a scar. Use coconut oil on the burned area to keep it soft.) It is a tonic, quickly reviving conditions of fatigue poisons. Work, play and exercise produces these poisons as the cells and tissues are broken down, making one feel tired. Turquoise is very cooling and relaxing, especially for headaches and pressures. It is for irritations, inflammations, and itching. It is a mental or brain depressant - especially good for sleeping. Use instead of sleeping pills- a mild sedative with no side effects.

MAGENTA - Magenta balances the emotions: it is soothing and relaxing both to over-emotional and under-emotional conditions. Will produce similar simulative and depressive effects as those of both scarlet and purple - it works slightly slower. Stimulates and builds the heart. Stimulates or depresses the veins or the arteries for normal functions. Will raise or lower the blood pressure automatically to produce a normal condition. Stimulates or depresses the kidneys and adrenal glands Balances the sex desires and abilities. As with green, magenta is used for all disorders and conditions -it makes the other colors more effective
Builds the aura: strengthens and intensifies