



● **The benefits of ORANGE**

Orange is the most beneficial of colours as it is this colour that provides the Etheric Sheath around the body affording protection from all kinds of outside influences and it keeps the immune system up and strong affecting the way we feel emotionally and mentally as well as physically, Orange is a natural Anti Depressant giving feelings of joy and enabling creative expression, also helping one to become more extrovert and outward in approach. Orange feeds the spleen and pancreas and balances out the metabolism allowing the body to keep a balanced weight assisting and stimulating the thyroid gland and depressing the parathyroid gland, also it is a great detoxifier, you may experience tasting a metallic taste in the mouth as the body detoxifies! It stimulates the digestion and can release stomach cramps attributable to the pressure of stored up problems, it is a very good colour to use before any X Ray's protecting the body from the effects of radiation! It also expands the lungs, as well as stimulating milk production in the breasts after childbirth. It is known as the Humpty Dumpty of colours a wonderful re-builder! It is good for children with bed wetting problems and helps the body absorb the vitamins and minerals from food.

Known disorders treatable with Orange;

Asthma, Bronchitis, Colds, Epilepsy, Gall Stones, Gout, Hypothyroidism, Hyperthyroidism, Kidney Ailments, Menstrual Difficulties, Mental Exhaustion, Prolapsed Uterus, Respiratory Diseases, Rheumatism and Arthritis, Tumours both Malign and Malignant.

Caution or Contraindications with the use of Orange Non-Known;

● **The Benefits of GREEN**

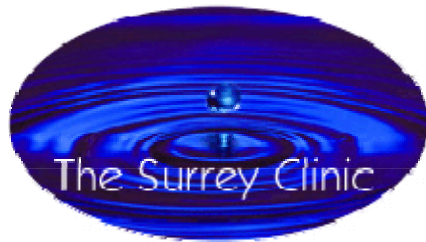
Green is the balancer and harmoniser of all the colours it also is the supplier of Oxygen to the cells! It calms soothes and settles the whole being; it brings contentment and healing and offers hope. Green can help release Obstructions and Blockages, soothe and heal Fevers and Inflammatory States with swollen painful areas, can ease Eyestrain and reduce Visual Disturbances, can even out Mood Swings, and help feelings of Discontentment and Impatience, can boost feelings of Self Worth and Confidence and help the person trust more in themselves! It can help build Muscle Bone and other Tissue cells. It is neither Acid or is it Alkaline, it helps to relieve Tension, lowers Blood Pressure and stabilises Emotions, and also Green acts as a Disinfectant against bacteria, viruses and other germs.

Known disorders treatable with Green

Asthma, Back problems, Colic, Erysipelas, Exhaustion, Hay Fever, Heart Problems, Haemorrhoids, Insomnia, Irritability, Laryngitis, Malaria Malignancy, Nervous Disorders, Neuralgia, Over-stimulation, Syphilis, Typhoid Fever, Ulcers, Venereal Disease.

Caution or Contraindications for Green

Non-Known



● The Benefits of BLUE

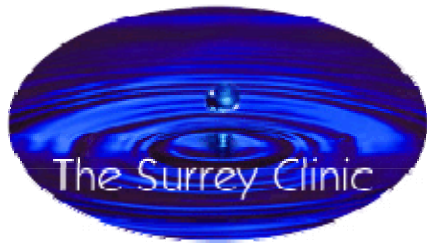
Blue is a balancer and harmoniser very much like green it brings calmness and peace to the being! It increases metabolism and soothes inflammation it is cooling and contracting for muscles and blood vessels, slows down the action of the heart acting as a tonic on the body in general, it returns the bloodstream to normal, lowering blood pressure also reduces nervous excitement, helps with cramps of nervous origin, is astringent, helps with menopausal complaints, helps with nervous skin allergies, encourages wound healing, it acts to expand spiritual awareness and relaxes the mind as well as calming the body, it helps a person promote truth loyalty devotion idealism, sincerity and intuition, Blue can help in disturbances of the Pituitary are involved and gives more clarity of consciousness both emotionally and mentally. Blue is first class in reducing inflammation and swellings.

Known disorders treatable with Blue

Baldness, Bilioussness, Bowl irregularity, Burns, Cataracts, Chicken Pox, Cholera, Colic, Constipation, Diarrhoea, Dysentery, Epilepsy, Eye Inflammation, Febrile Disease, Gastrointestinal diseases, Glaucoma, Goitre, Gonorrhoea, Headache, Heart Palpitations, Hydrophobia, Hysteria, Insomnia, Itching, Jaundice, Laryngitis, Measles, Menstrual Difficulties, Poliomyelitis, Renal (Kidney) disease, Rheumatism (acute) Scarlet Fever, Shock, Skin diseases, Syphilis, Tonsillitis, Tooth infection, Typhoid, Ulcers, Vomiting, Whooping Cough.

Caution and Contraindications for Blue

Colds, Gout, Hypertension, Muscle Impairment, Paralysis, Rheumatism (chronic), Tachycardia.



● The Benefits of Violet

Violet is the most strongly artistic and creative and spiritual of the colours, giving inspiration, Violet has the highest vibrational frequency and also the shortest wavelength of all the colours in the visible spectrum. Violet is the colour of radioactivity and stands for spiritual experience; good dream recall as well as balancing the two hemispheres of the brain. Violet is the colour of Transformation helping one to change attitudes and beliefs and purifies the thinking patterns that may get stuck allowing on altering old behavioural patterns. Violet stimulates the spleen, upper brain and bones. It depresses the Lymphatics, heart muscle, and motor nerves; it is calming in the case of mental illness. It helps to control irritability and also depresses hunger; it can build Leucocytes, and maintains Ionic balance especially of potassium and sodium.

Known disorders treatable with Violet

Bladder problems, Bone Growth Dysfunction, Cerebrospinal Meningitis, Concussion, Cramps (abdominal) Kidney Disease, Mental Illness, Nervous Disorders, Neuralgia, Rheumatism (acute and chronic) Scalp Disease, Sciatica, Skin Diseases, Tumours (benign and malignant).

Caution and Contraindications for Violet

None Known

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