

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 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, SRI representative or SRI 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.

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, violett
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

BI 23

Head ache blue, green, violett

Apply to the frontal head, especiall to the area above the nose/ between the eybrows or to the most painful area, front chakra, head chakra

Yang type (red skin, high blood preassure), high energy

blue, green

Yin type (pale skin), low energy

orange, yel-

low

Points

BI 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

BI 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 inflamed body parts.

Points

Li 4

Lu 7

Ki 1

CV 17

St 36

GV 4

Liver/Gallbladder 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, violett

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 lokal 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)

Indication	Colour	Duration minutes	Notes
Loss of weight	red + green	30	Expose stomach
Numbness of limbs	red	40	
Abscesses	blue	30	With red as soon as apyretous
Nightmares	red	30	Stomach area
Lack of appetite	red + yellow	20	Stomach area
Arteriosclerosis, heart	blue	30	Heart area
Arteriosclerosis, brain	blue	30	Skull
Asthma	green + red	30	Chest, shoulder
Ophthalmia	blue	30	Closed eyes
Barbers' rash	blue + red	20	
Ulcus cruris	blue + red	40	With red as soon as apyretous
Chlorosis	red	30	Whole body exposure
Congestion	blue	20	
Bronchitis	green	30	Chest/back
Enteritis	yellow	40	Diet
Suppuration	blue	30	
Epilepsy	yellow (blue)	20	Before going to bed
Obesity	blue	30	Blue sweat baths
Arthritis	green	30	
Thymopathy	red	30	Whole body exposure
Gout	green	40	
Hair loss	red	30	
Haemorrhoids	blue	30	Yellow on lower abdomen
Skin disorders	red	20	
Heart disease	blue	30	Whole body exposure
Lumbago	red + green	30	
Laryngopathy	red	30	
Whooping-cough	green	30	
Periostitis	blue	30	
Headache	blue	30	
Goitre	blue	30	
Paralysis of limbs	red	40	
Liver disease	yellow	30	
Gastroenteritis	yellow	30	Blue if in pain
Measles	red	20	
Nervous disorders	green	300	

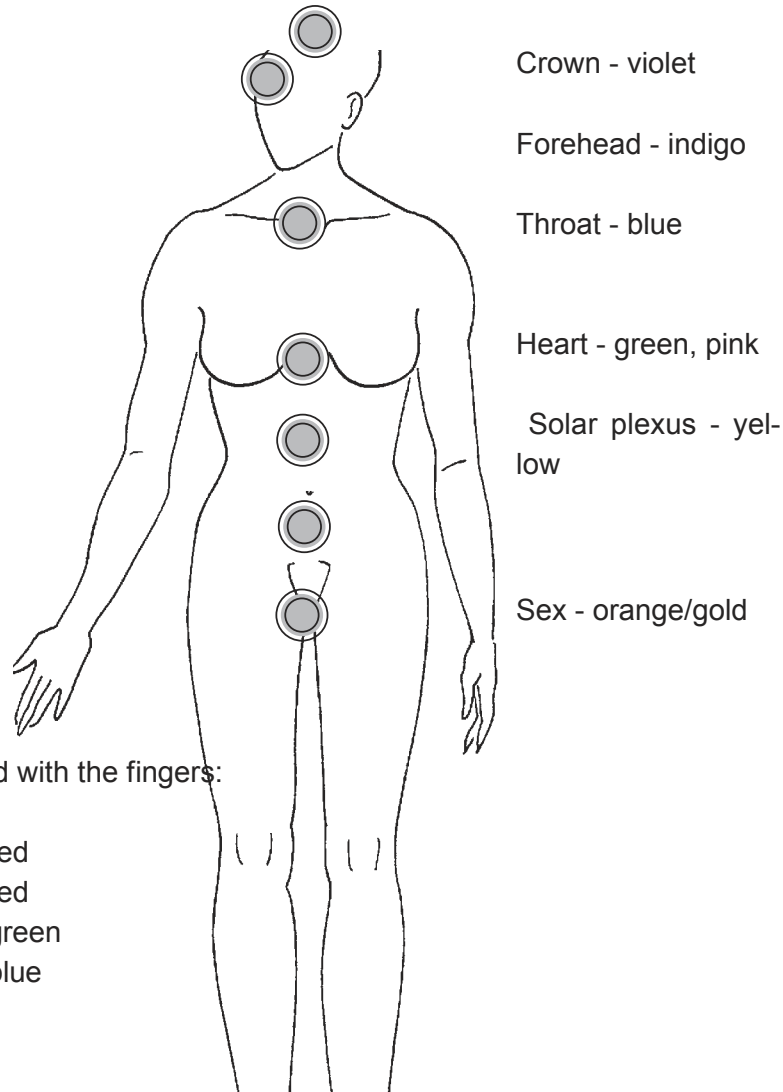
Organs and their associated colours

Organ	Colour	Organ	Colour
Anus	red	Muscles	red
Arteria	red	Back of neck	green
Eyes	indigo	Nose	indigo
Bladder	yellow	Nerves	indigo/violet
Blood	red	Kidneys	blue
Breasts	orange	Ears	blue
Large intestine	orange	Pancreas	orange
Small intestine	yellow	Prostate gland	red
Glands	red/orange	Vagina	blue
Ovaries	red	Thyroid gland	blue
Elbow	orange	Spine	red
Finger	green	Teeth	red
Feet	green	Gums	blue
Gallbladder	red/orange		
Brain	violet/green		
Genitals	red		
Face	blue/indigo		
Limbs	red		
Hair	blue		
Throat	blue		
Hands	red		
Skin	orange/yellow		
Heart	pink/green		
Testicles	red		
Hips	green		
Pituitary gland	violet		
Jaw	blue/green		
Knee	blue		
Bones	indigo		
Ankle	blue/green		
Liver	yellow		
Lung	red		
Stomach	yellow/orange		
Spleen	red		
Mouth	yellow/blue		

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:

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



Colours associated with the fingers:

Thumb	red
Index finger	red
Middle finger	green
Ring finger	blue
Little finger	violet

Acupuncture

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

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



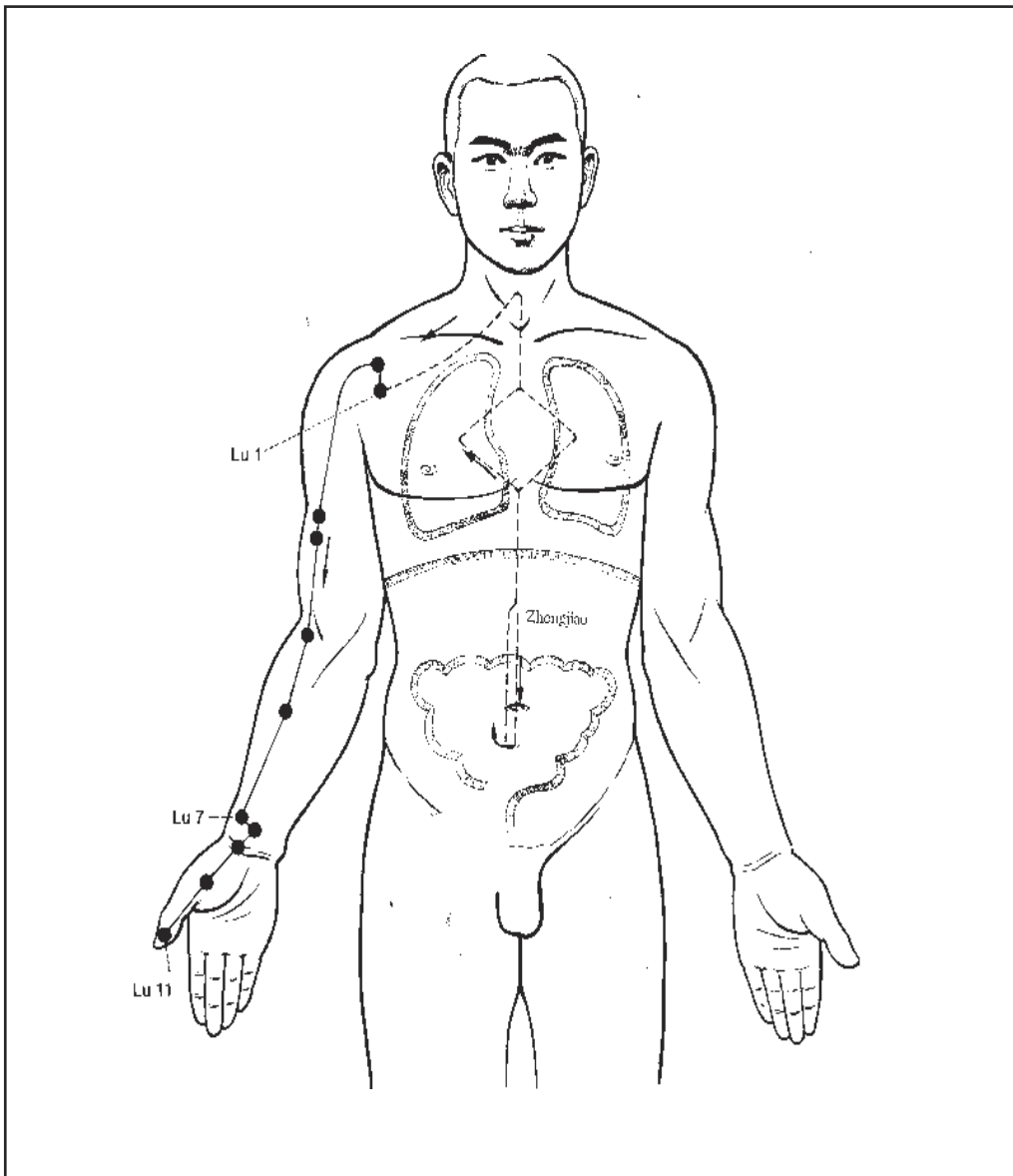
Standard therapy:

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.

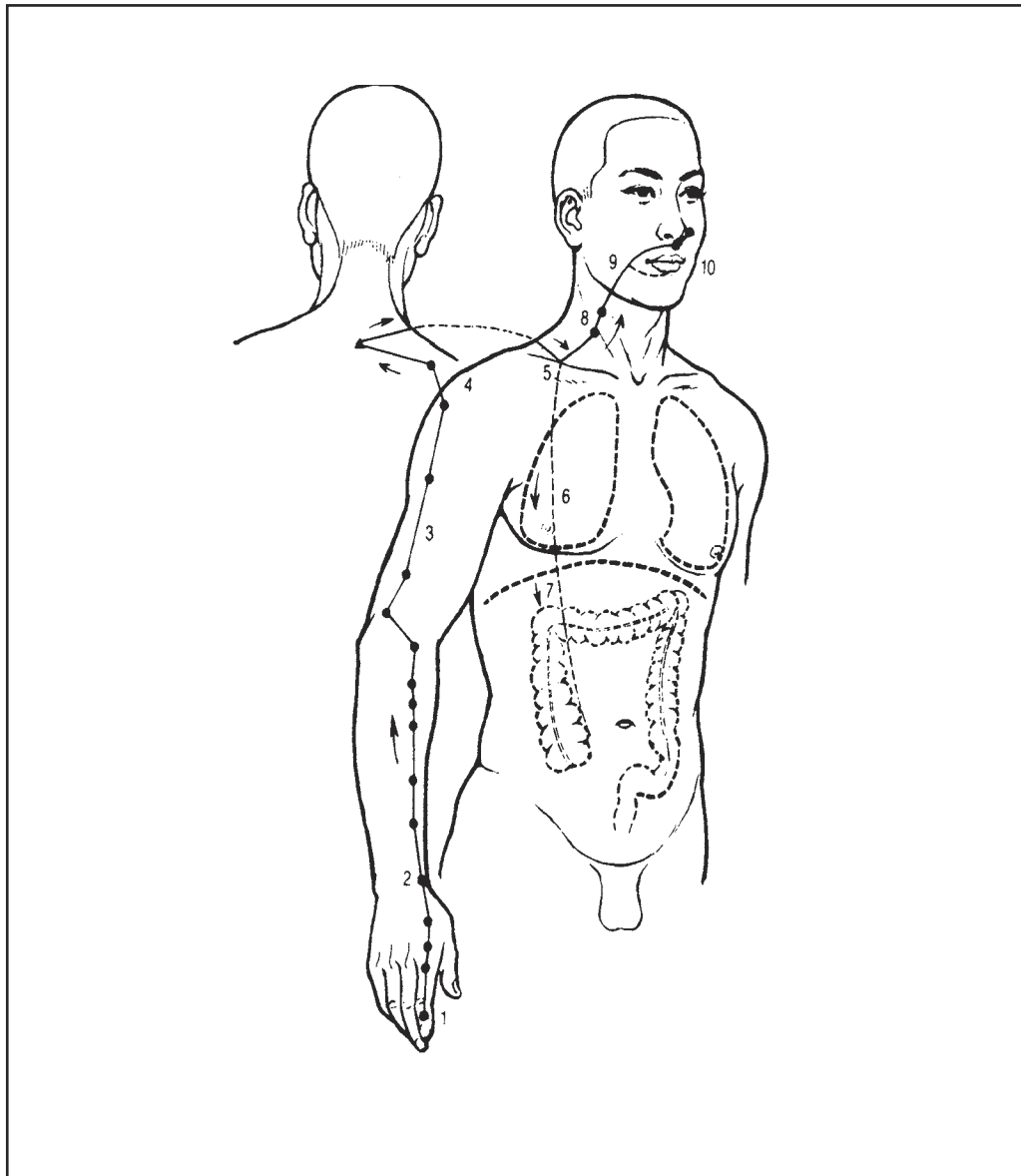
Lung meridian

Stimulating colour blue Lu 9
Sedative colour orange Lu 5



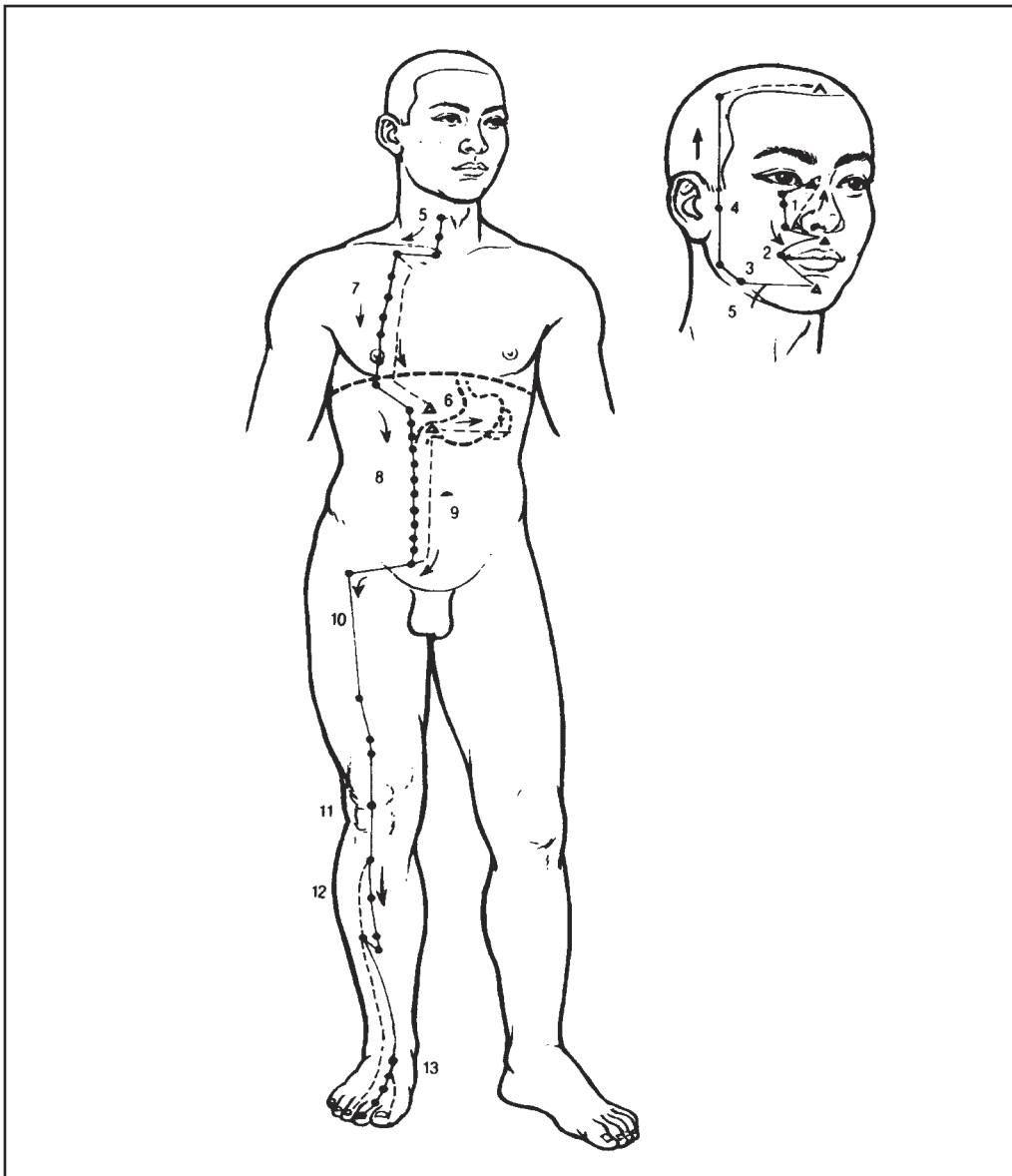
Large intestine meridian

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

Stimulating colour

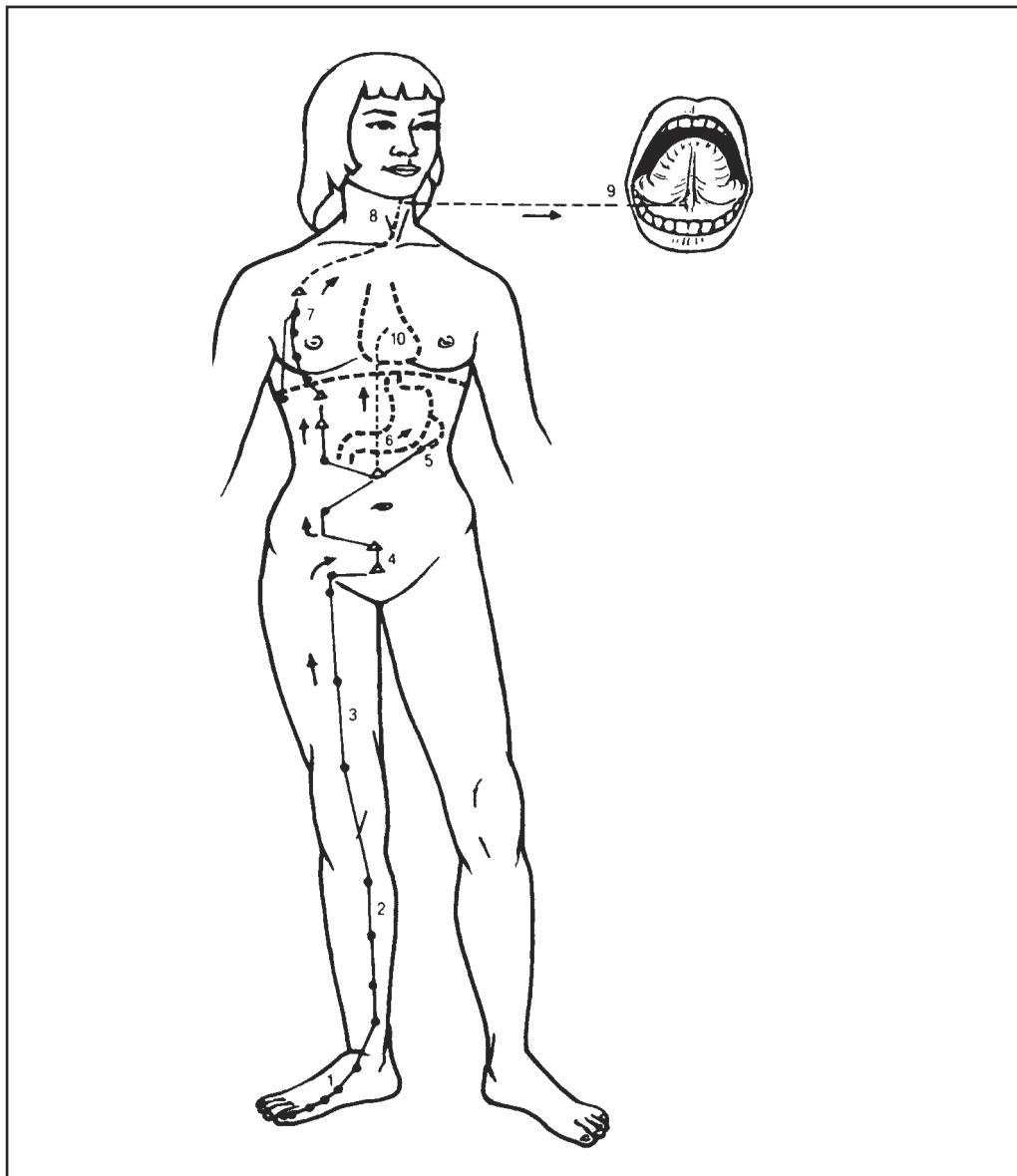
yellow/green

Sp 2

Sedative colour

red/violet

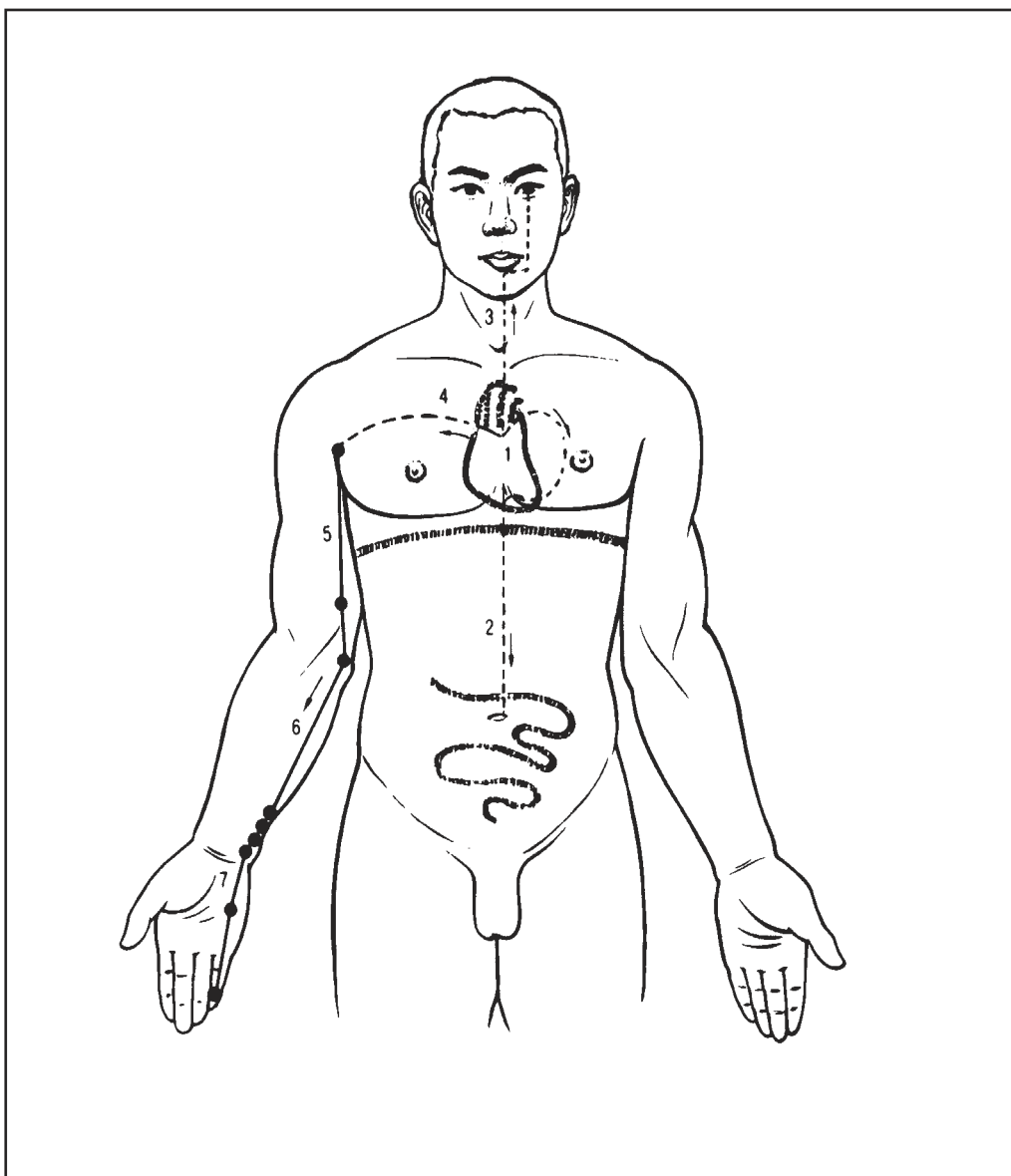
Sp 5



Heart meridian

Stimulating colour yellow He 9

Sedative colour violet He 7



Small intestine meridian

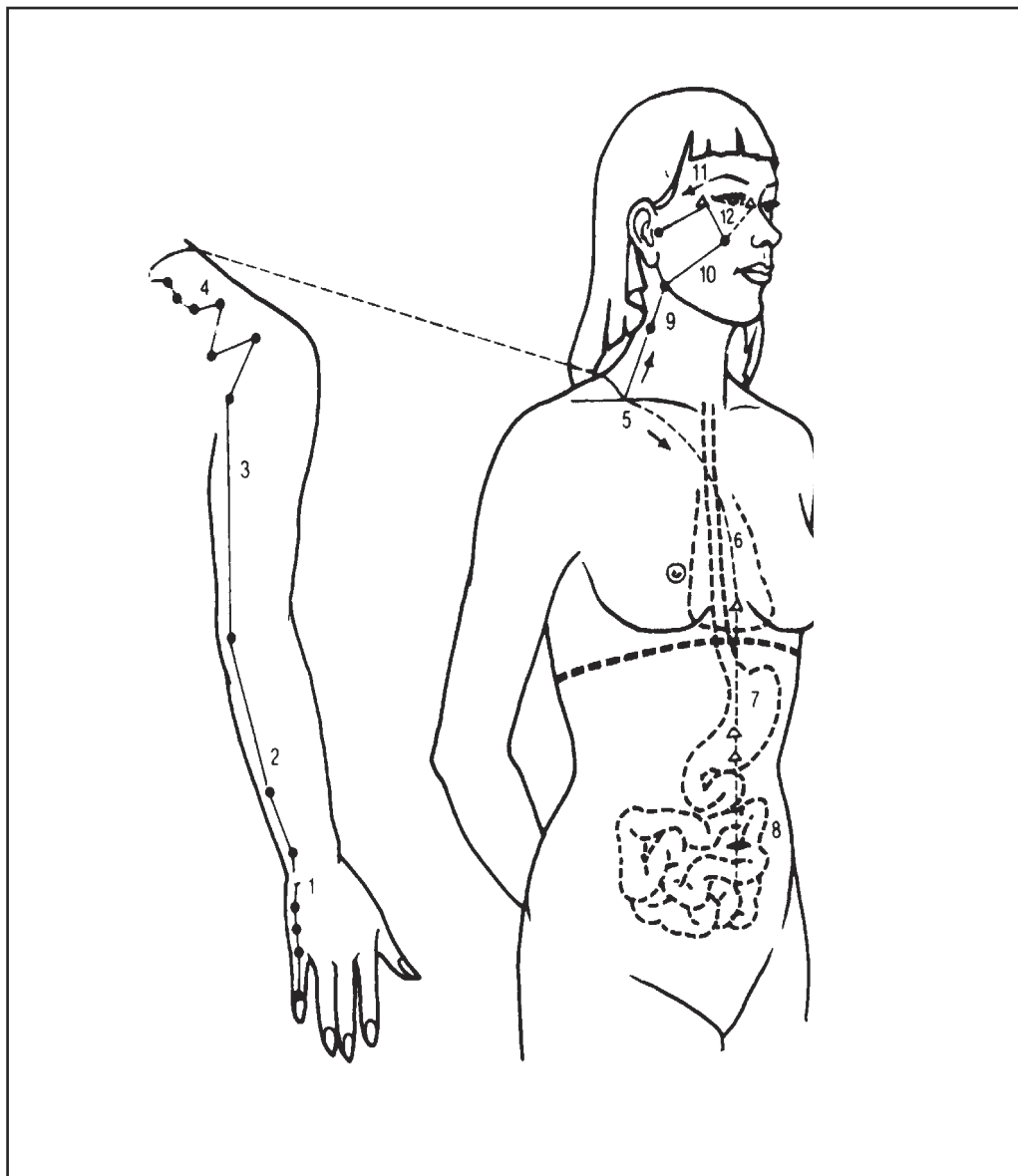
Stimulating colour

orange/yellow SI 3

Sedative colour

blue/violet

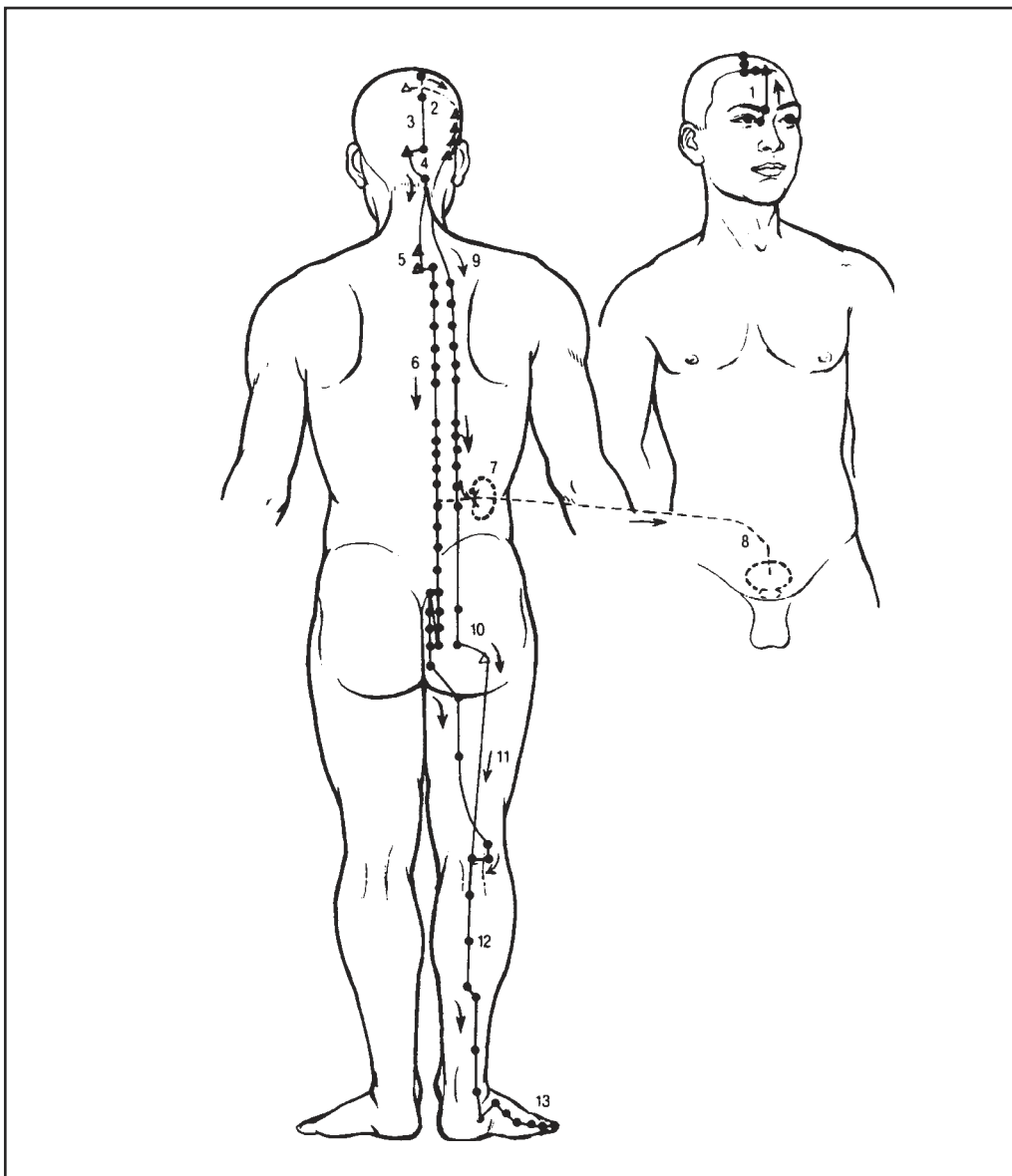
SI 8



Bladder meridian

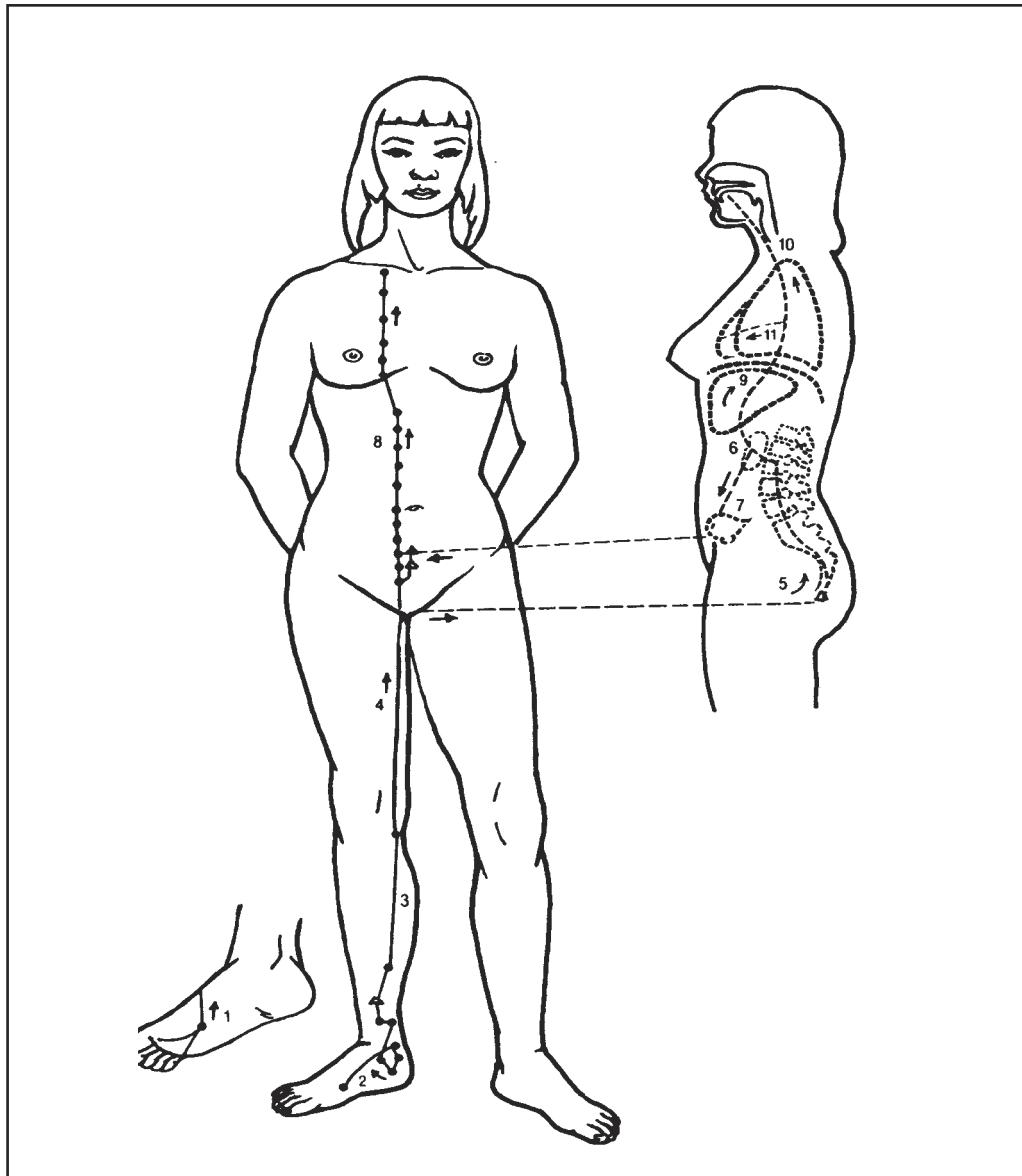
Stimulating colour orange BI 67

Sedative colour blue BI 65



Kidney meridian

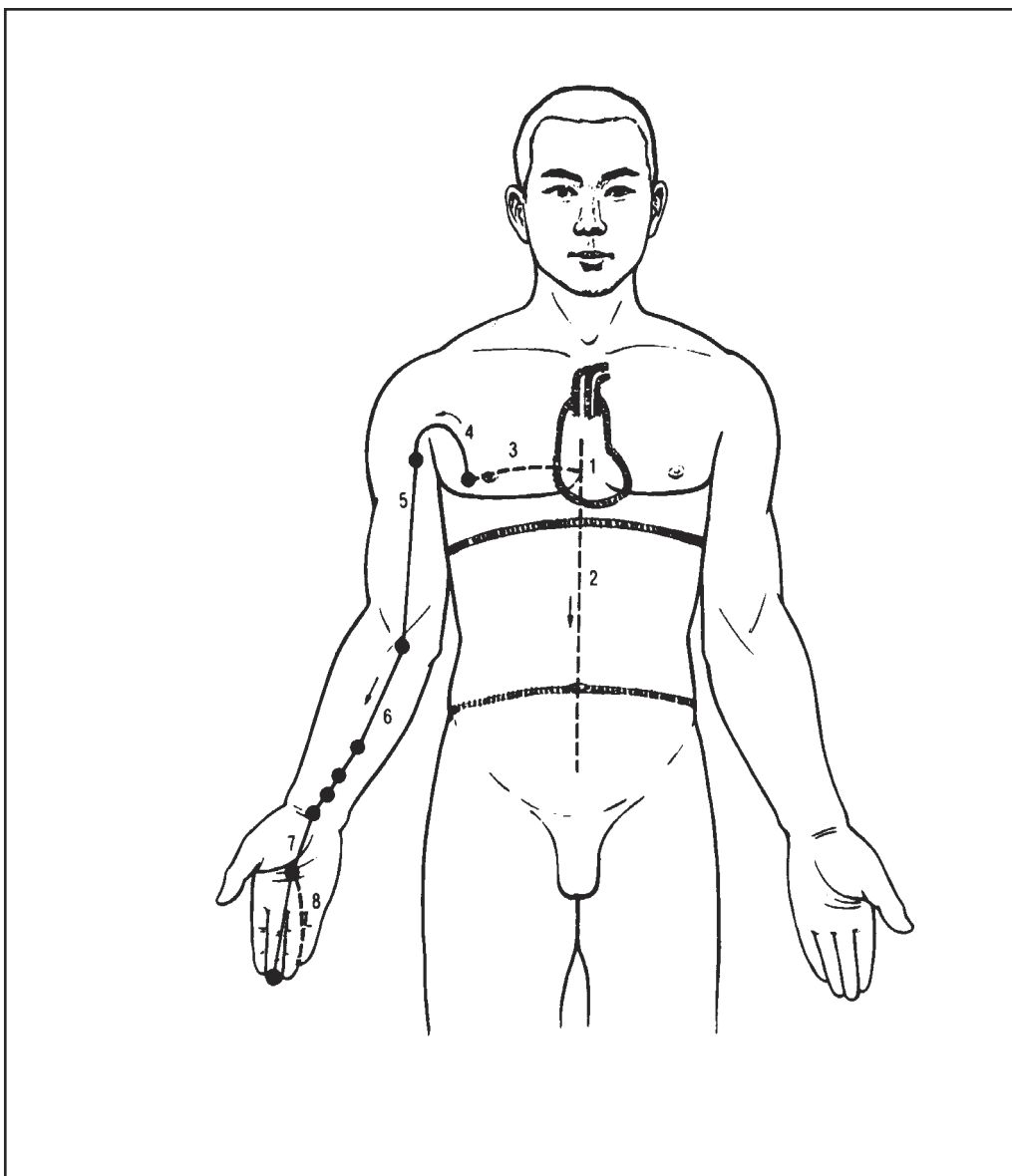
Stimulating colour	red/orange	Ki 7
Sedative colour	green/blue	Ki 1, Ki 2



Circulation meridian

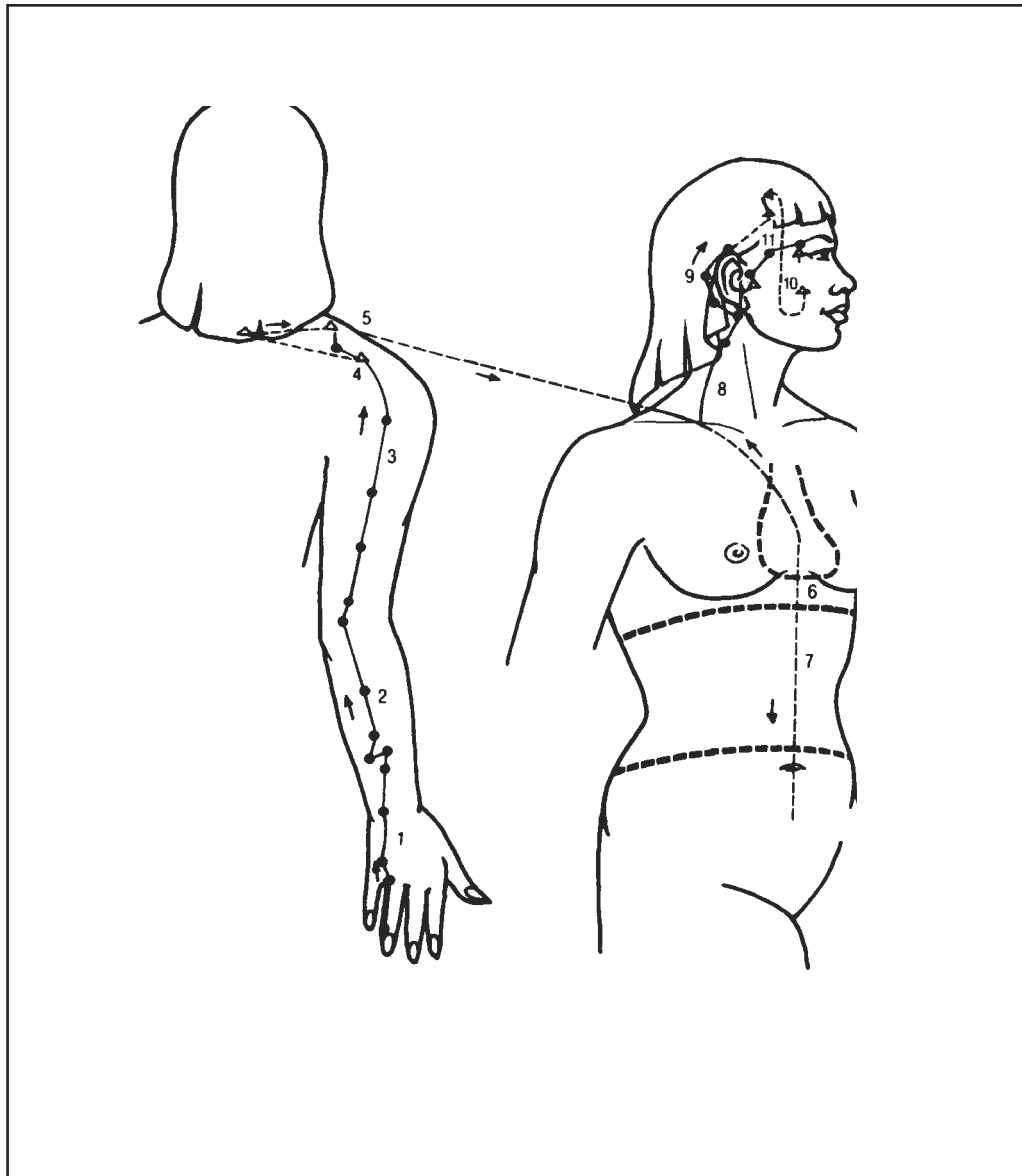
Stimulating colour red Ci 9

Sedative colour green Ci 7



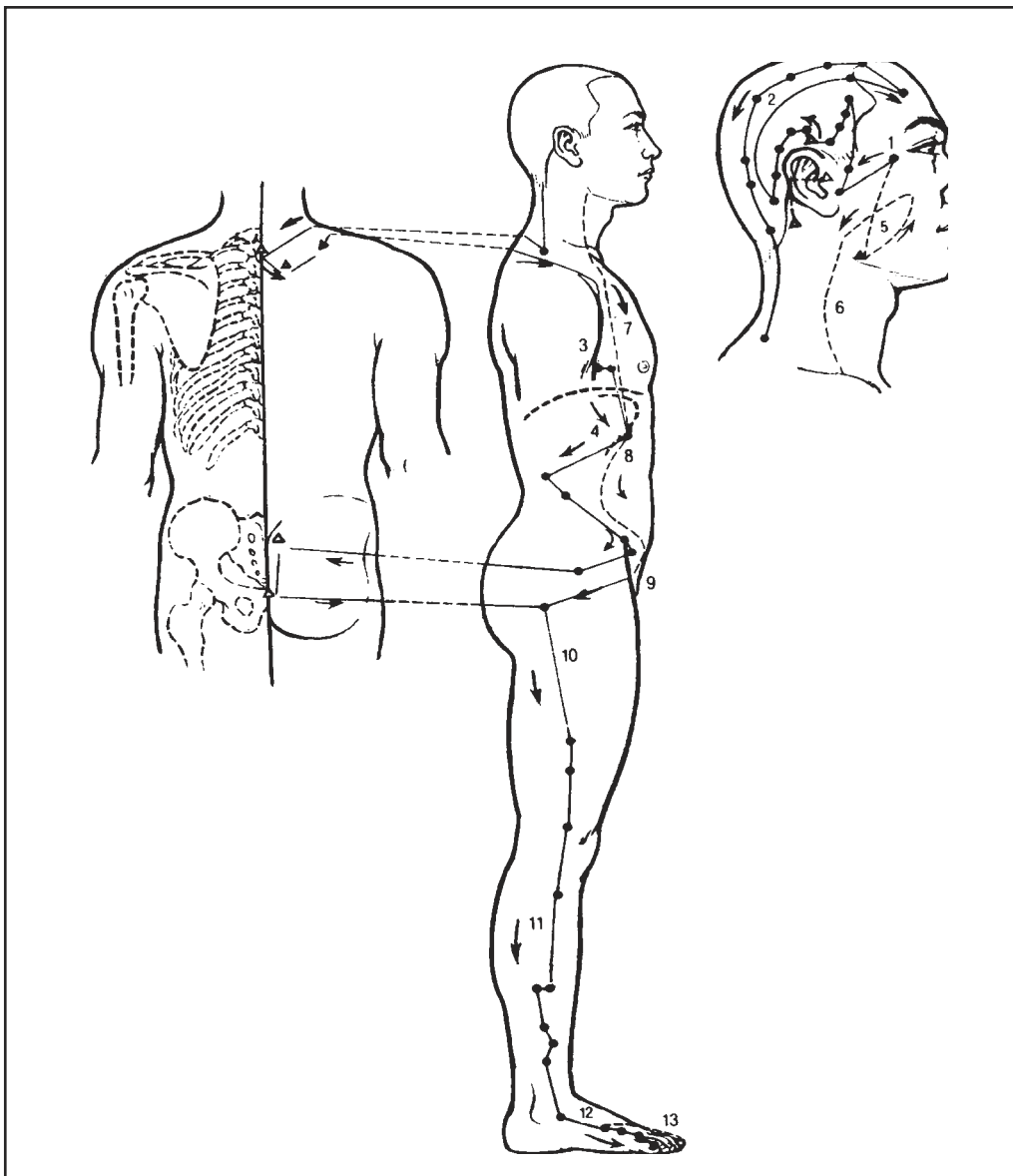
Triple warmer meridian

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

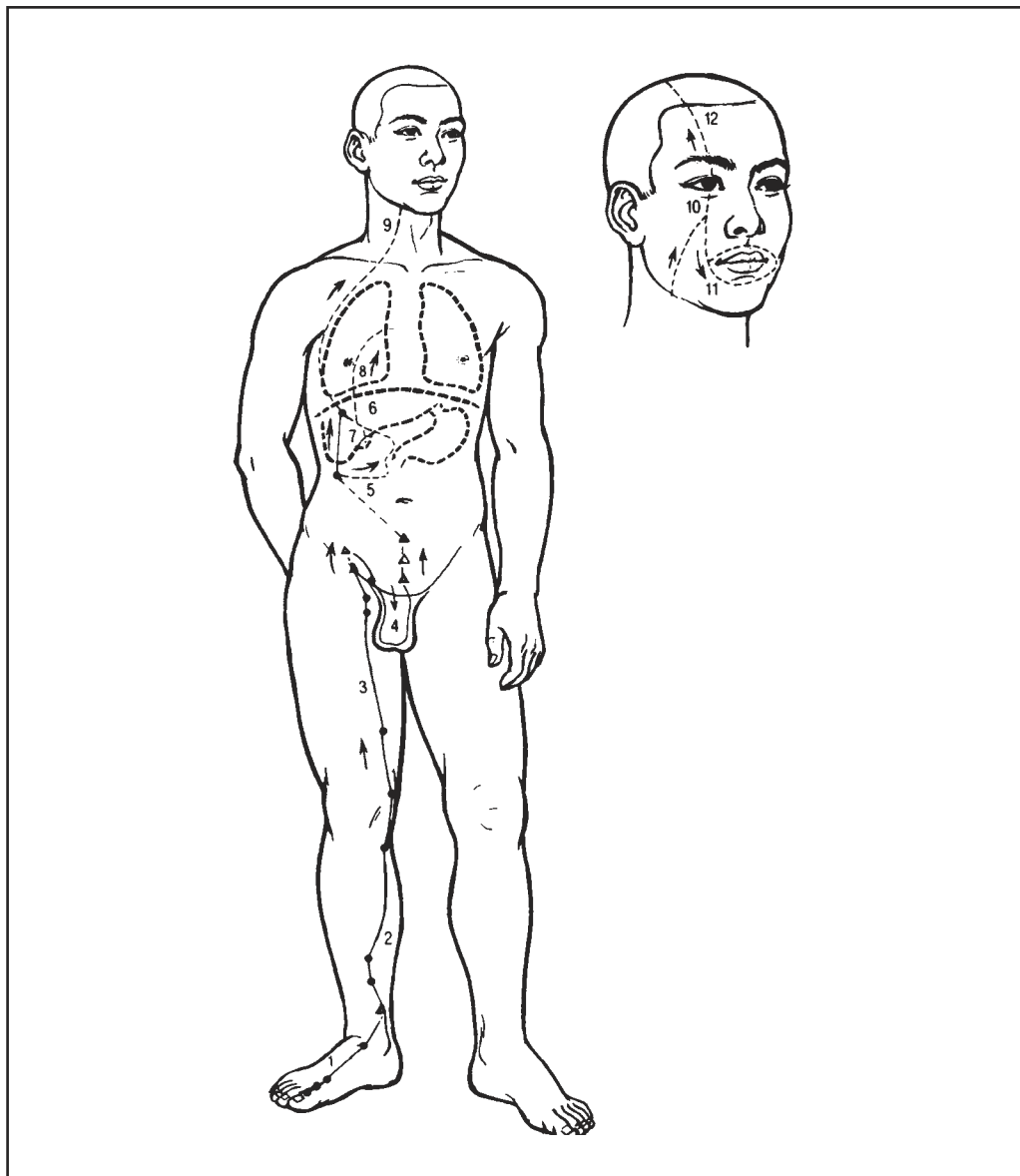
blue/violet

Li 8

Sedative colour

orange/yellow

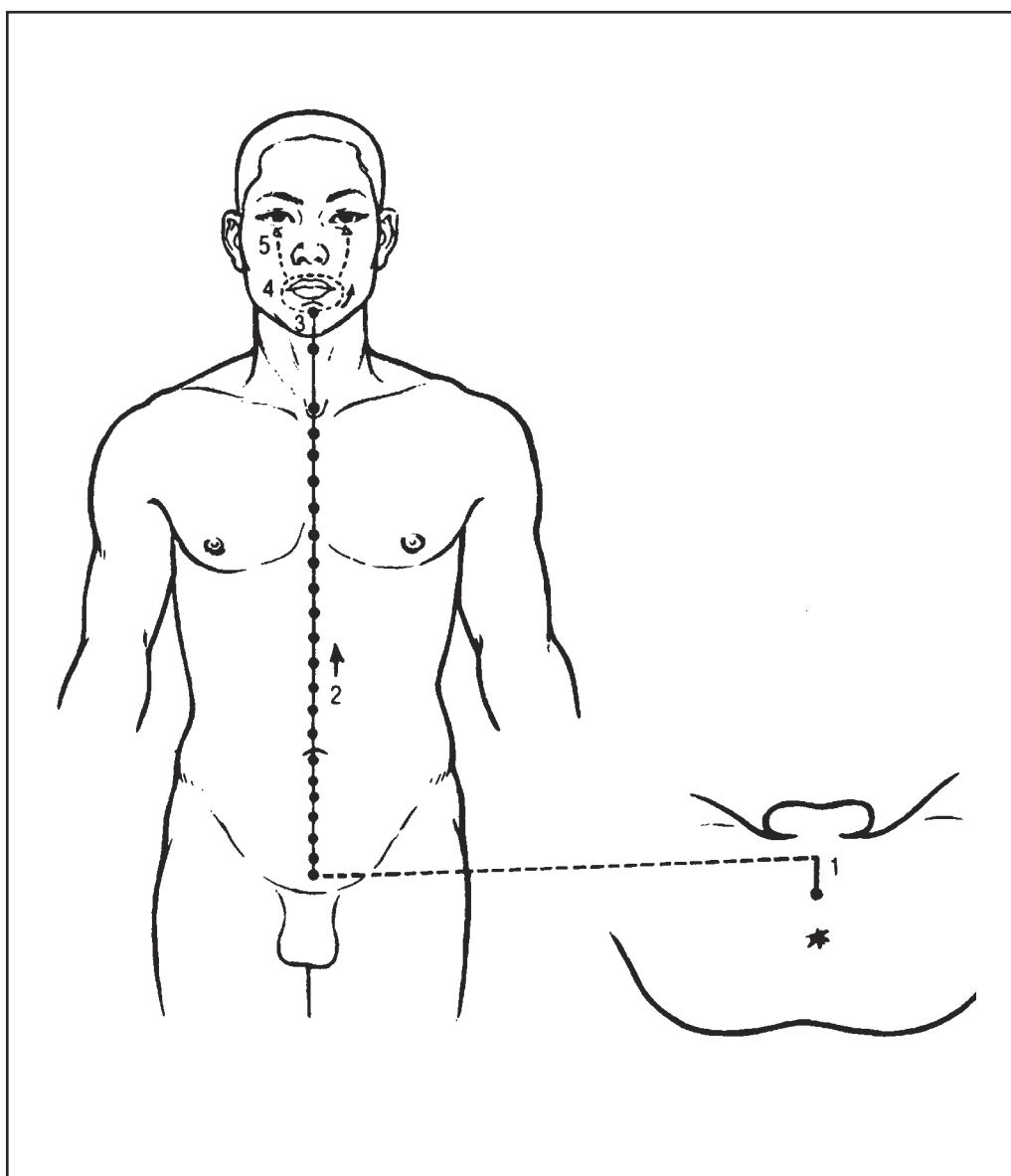
Li 2



Central vessel

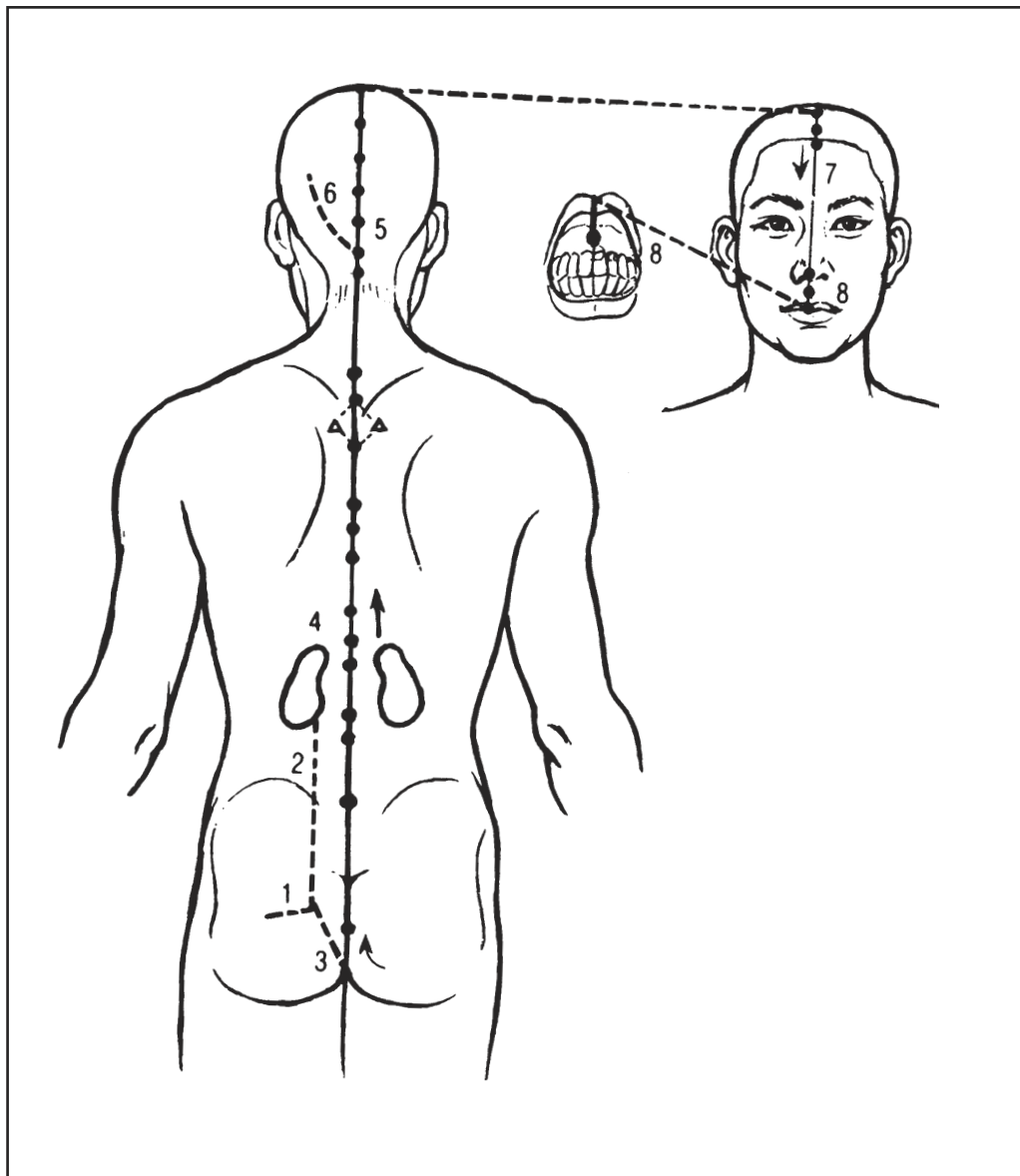
Stimulating colour violet CV

Sedative colour yellow CV



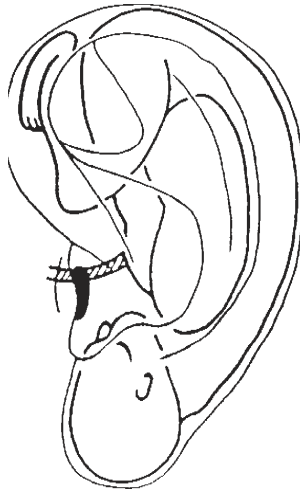
Governing vessel

Stimulating colour yellow GV
Sedative colour violet GV

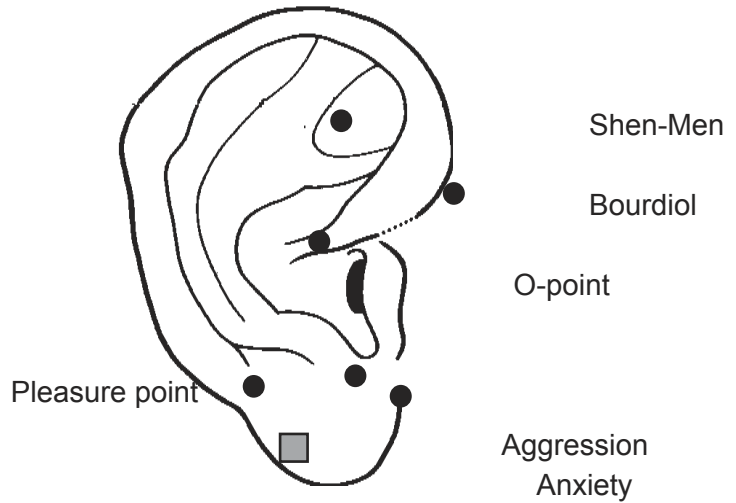


Ear points

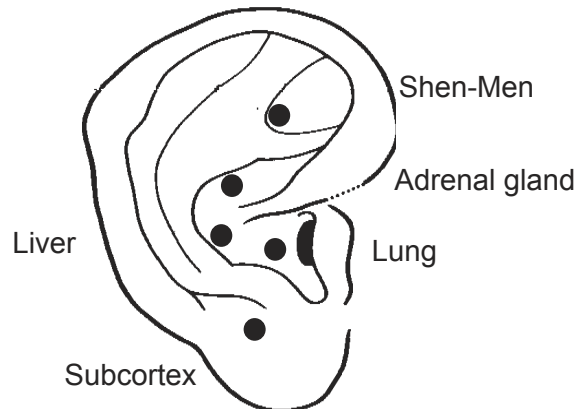
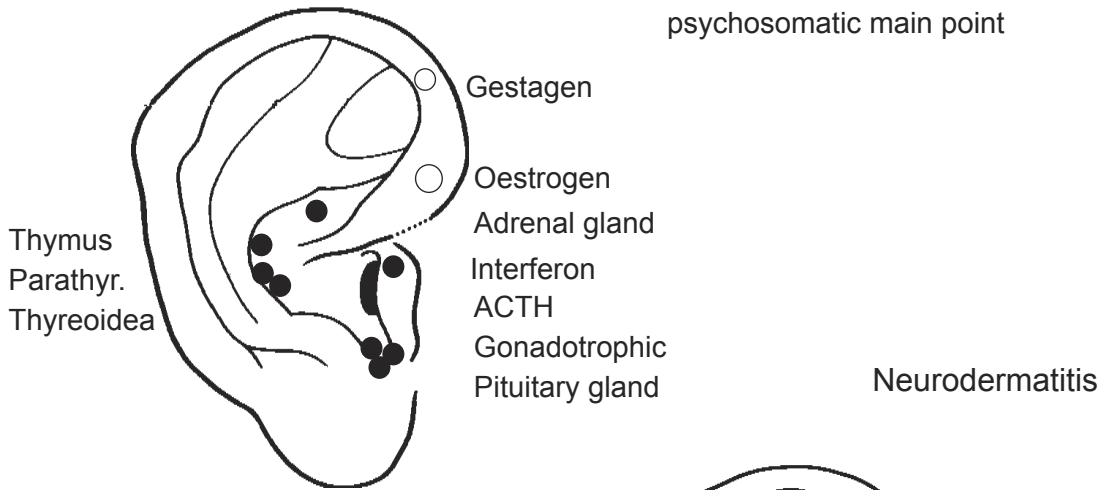
Body projection in the ear



Psychotropic points



Endocrinal points

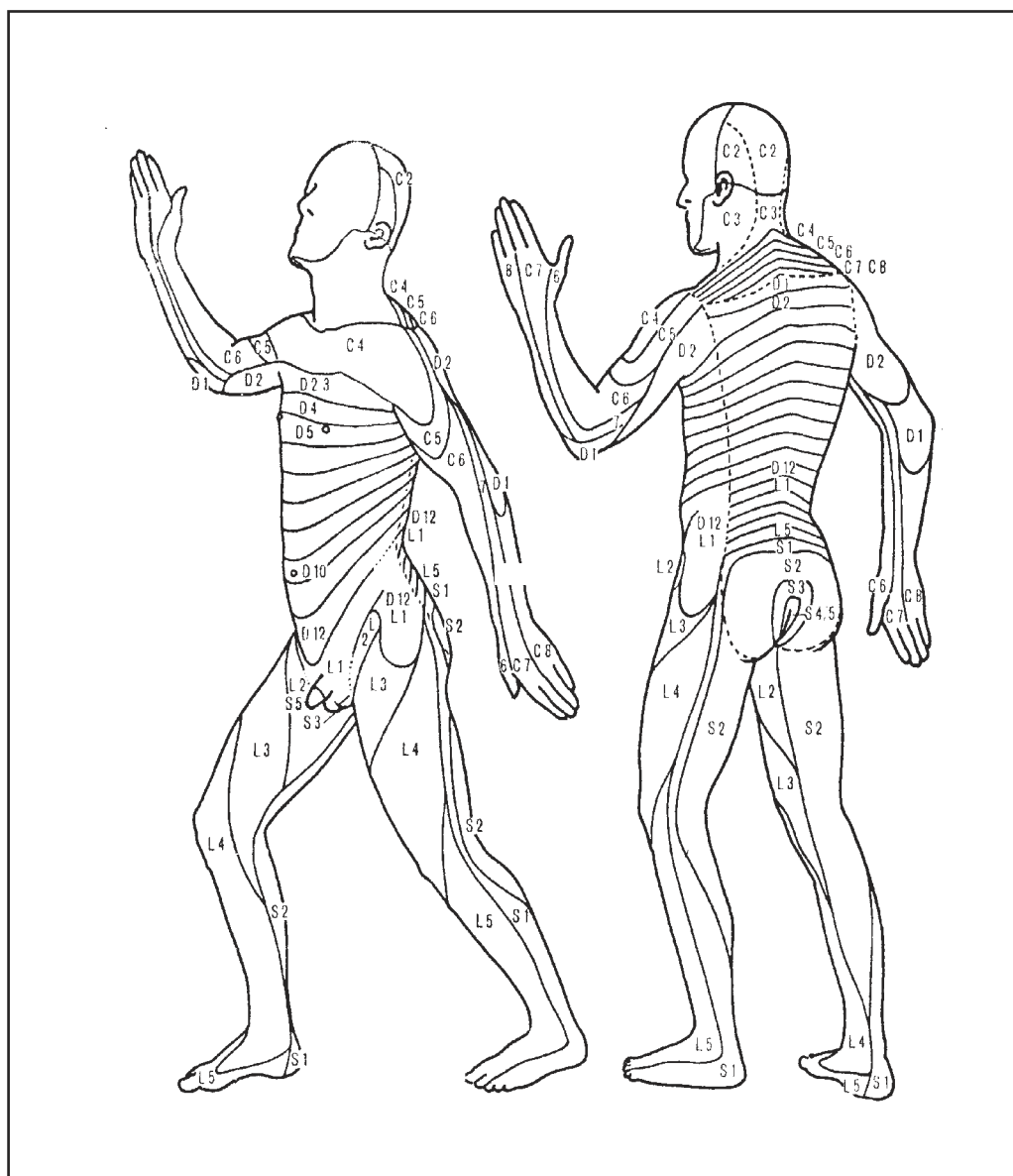


Reflex zone therapy

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.



