

Therapy in Stratford

Therapy in Stratford - Chromotherapy or colour therapy, happens to be a therapeutic method that utilizes colours to improve health and change the mood or atmosphere. The basis of chromotherapy uses the concept that each colour of the spectrum invokes a different emotion in people. This sort of holistic therapeutic dates back 1000's of years. There is evidence that it was used by both the earliest Egyptians plus the Mayans as a method to better healing and health. Colour therapy has enjoyed a revitalization through the twentieth century.

Self-worth, vision and wisdom are associated with the colour Yellow. Yellow is understood to be utilized to help memory and offer courage. Orange is related with happiness and accomplishment and has been utilized as a source for hopefulness and as a source of vision. The colour red is associated with thoughtfulness, energy, aspiration and courage. It has been utilized to promote feelings of security and to supply more self-confidence. The colour blue can be utilized to further personal expression, health and creativity. It could possibly enhance clear thinking and interaction expertise whilst providing quietness. Violet is connected with beauty and creativeness and it is found to further relaxation, self-sacrifice, and openhandedness. Indigo is related to imagination and awareness. It is mentioned to offer greater consciousness and to bring originality.

Colour therapy can be used in a variety of ways. One approach has a person visualize and concentrate on a specific colour whilst breathing deeply. One other method includes using a coloured lamp that produces different colours. These lamps could be narrow enough to focus on a selected body part or enhance the environment of an entire room. Some people select to wear eyeglasses that enable only a particular colour of the spectrum to filter in. Light that goes into the eyes promotes the creation of hormones which affect the body's biochemical system. Yet another method includes applying various colours of the spectrum on acupuncture points on the skin by using an instrument that appears similar to a pen light. Receptors on the skin then take in the light.

Mood could be enhanced by the use of totally different colors. Folks struggling with seasonal affective disorder have been assisted by light boxes. This condition is related to the lack of sunlight around the winter months. Slumber and temper problems have also been successfully remedied with the use of color therapy. Practitioners suggest that chromotherapy ought to be used along side medication or remedy prescribed by a physician while treating critical situations such as cancer malignancy and other crucial diseases. Some other methods of utilizing color therapy embrace clothing, bath crystals, paints, and soap and remedy oils.