Especially during the winter, when weeks and months of adverse weather and low-light days can affect our sense of well being, light and color therapies can be very effective tools for improving mood, as well as resolving many chronic conditions, such as Seasonal Affective Disorder (S.A.D.)

As part of the Energy of Life® (EOL®) Tools for Transformation & Healing, practitioners at The Way To Balance use exclusive Color, Light, and Sound Therapies as holistic approaches to help clients resolve many common and chronic conditions. All therapists are experienced users of our EOL Light Therapy Box, and often incorporate light therapy into an integrative massage and healing session in order to achieve their client's individual goals.

Today we’ll explore **Light and Color Therapies** - what they are, how they work, some fascinating historical scientific findings, and the many practical benefits of their use.

### Light and Color Therapies: Exploring the Benefits

#### What is Light Therapy?

Light Therapy is the therapeutic use of either white light or colored light devices to induce change in the body on a physical, emotional and cellular level. Light exists as both waves (which we can see) and photons (particles); the latter enters the brain and body via the eyes and the skin to initiate response on a cellular level. The Way To Balance uniquely combines white light therapy, or colored light therapy via their EOL Light Therapy Box or a Light and Sound Device during individual healing sessions. Light Therapy has been shown to be highly effective in treating SAD (Seasonal Affective Disorder), liver issues, and chronic pain.

#### How Does Light Therapy Work?

Light Therapy works in two ways: directly entering the eyes, and via the skin. In the first manner, light enters the eye, and is converted into electrical impulses by millions of light- and color-sensitive cells called photoreceptors. These electrical impulses travel along the optic nerve to the brain, where they trigger the hypothalamus gland to send neurotransmitters (chemical messengers) to regulate the autonomic (automatic) functions of the body. The hypothalamus affects both the pituitary and pineal glands in the brain, which also receive messages from cells all over the body regarding the quantity and color quality of light shining on the body. The pituitary and pineal secrete hormones that stimulate other glands, including the adrenals. The hypothalamus, pituitary and pineal are important partners for regulating the glandular (endocrine) system of the body.

The hypothalamus is part of the endocrine system whose secretions govern most bodily functions, such as blood pressure, moods, the immune system, body temperature, breathing, digestion, sexual function, the aging process, emotional processing, and the circadian rhythm. Full-spectrum light “turns on” the delicate impulses that regulate your body chemistry and its growth, all of your organs, your brain, and more. Shining light or color directly on the skin activates the natural healing process through direct light and color absorption, which increases or decreases the electron spin within the cells.

The EOL Light Therapy Box was designed and built by Aaron Singleton after working with color therapy (via color visualization and colored cloth) successfully for many years. The EOL Lightbox combines color therapy and light therapy into a single device, and is based on refracted light through stained glass, option of full-spectrum or strobe lighting as needed for entrainment, reflected lighting (mirrors) to increase the photon effect and an EOL Ring of Oden to increase resonance deeper into the tissue.
Benefits of Light as Therapy:

- Ultraviolet light is a blood cleanser, and an effective treatment for many diseases, including tuberculosis, black lung disease, asthma, viral infections, etc.
- For any ingested substance to be fully metabolized and used by the body, it requires a series of chemical reactions that are ignited by a specific portion of the electro-magnetic spectrum.
- Through our skin and eyes, we absorb light as directly as plants do. The solar energy cells all over the skin and body help to produce carbohydrates, proteins and DNA, according to Dr. John Ott, pioneer of light therapy.
- Light directly affects our bodies and is one of our major forms of nutrition, versus food consumption, which affects us indirectly, and must be metabolized with light. The nutritional value of light in food is directly related to the quality of the food carrying the light: the most light-filled foods are probably blue-green algae, and organically grown fruits and vegetables.
- Microbes and toxins in the body are rendered inert.
- Emotional traumas, when not totally resolved may create blockages in our physical, mental or emotional health or well-being. When color or light is used as a stimulant, these traumas and memories can be released from cellular memory, which is why Aaron and Sue teach color and light therapy modules in the EOL I.D.E.A.L. Process Workshop Series.
- Additionally, UV light lowers blood pressure, increases cardiac efficiency, improves atherosclerosis, reduces cholesterol, assists in weight loss, effectively treats psoriasis, increases sexual hormones, and activates an important skin hormone, solitrol, to help the pineal gland's melatonin hormone regulate moods and circadian rhythms. UV light also helps the eyes heal and function normally.

Historical Findings on Light Therapy:

In 1904, W.H. Bates advocated alternating full-spectrum light and total darkness to cure children born blind as a result of brain injury. His process was later endorsed in 1930 by Aldous Huxley, and again in 1997 by the British Institute for Brain Injured Children.

In 1950, Dr. John Ott's arthritis disappeared after he broke his glasses and was therefore exposed to direct sunlight without filters.

What is Color Therapy?

Color Therapy is the therapeutic use of colored light(s), colored cloth and color visualization to induce change in the body on a physical, emotional and cellular level. Color therapy uses color to treat or resolve mental, emotional and physical problems and restore the whole person to health and harmony. Color can be used in many different ways. Therapists at The Way To Balance may incorporate color therapy with their EOL Lightbox, colored cloth or visualization into their sessions. Treatments may combine color with Acupressure, Massage, Hypnotherapy, Energy of Life Healing, Aromatherapy, and more. Please refer to Light Therapy below to learn more about the Singletons EOL Lightbox, which combines color therapy and light therapy.

Research has validated the importance of color in treating disease. For example, blue light therapy has been shown to lower blood pressure by calming the autonomic nervous system, while red light therapy causes it to rise.

Each color vibrates at its own frequency. Everything in the world, including human body cells also vibrate at their own frequency. When we are healthy and balanced, the frequency of our cells
remains constant, but ill health disturbs this frequency, causing disharmony throughout the person. Choosing a color which vibrates at a frequency needed to restore the cells to balance is believed to initiate healing. Trained therapists use the appropriate colors (as well as a color's complementary color), in the right amounts, to help bring into balance a person's mental, emotional and physical state.

**Historical Scientific Findings on Color Therapy:**

The Father of Photobiology, Niels Ryberg Finsen of Denmark received the Nobel Science Prize in 1903 for successfully curing Tuberculosis with red light therapy.

During the 1930's, Harry Riley Spitler, Founder of Syntonic Optometry in Fall River, MA used blue light therapy focused directly into the eyes to reduce inflammation and pain.

In 1942, S.V. Krakov of Russia discovered that red light therapy stimulates the sympathetic nervous system, and that white and blue light therapy stimulate the parasympathetic nervous system.