

## Therapy in Charlottetown

Therapy in Charlottetown - A healing method that uses colours to improve health and change mood and atmosphere is known as colour therapy or chromotherapy. Chromotherapy relies upon the principle that each colour of the spectrum invokes a distinct feeling in individuals. This sort of holistic therapeutic dates back thousands of years. There is proof that it was used by both the earliest Egyptians plus the Mayans as a method to improve healing and well being. Colour therapy has enjoyed a revitalization through the twentieth century.

Self-worth, inventiveness and knowledge are connected with the colour Yellow. Yellow is known to be used to assist memory and provide courage. Orange is connected with happiness and accomplishment and has been used as a source for optimism and as a source of inventiveness. The colour red is connected with thoughtfulness, energy, aim and courage. It has been utilized to promote feelings of security and to supply more self-confidence. The colour blue can be used to promote individual expression, health and ingenuity. It can enhance clear thinking and interaction abilities while providing serenity. Violet is associated with magnificence and creativeness and is found to promote leisure, unselfishness, and generosity. Indigo is related to thoughtfulness and comprehension. It is said to offer better awareness and to bring creativeness.

Colour therapy can be utilized in a number of systems. One of many strategies is to make an individual visualize and focus on a specific color whilst respiration deeply. Another technique involves utilizing a coloured lamp that brings out different colours. These lamps might be slim enough to concentrate on a specific body area or improve the environment of an entire area. Some people elect to wear eyeglasses that enable only a particular colour of the spectrum to filter in. Light that enters the eyes promotes the creation of hormones which have an effect on the body's biochemical system. Yet another technique includes applying numerous colours of the spectrum on acupuncture points on the skin by utilizing a tool that appears just like a pen light. Receptors in the epidermis then absorb the light.

Mood can be enhanced by the use of completely different colors. People coping with seasonal affective disorder have been aided by light boxes. This situation is related to the lack of sun in the winter months. Slumber and temper issues have additionally been successfully treated with using color therapy. Practitioners advocate that chromotherapy must be used along with medication or treatment prescribed by a physician when treating severe conditions such as cancer malignancy and some other crucial diseases. Other methods of utilizing color therapy include clothing, bath crystals, paints, as well as soap and therapy oils.