

Therapeutic Effects of the Colors

RED	Stimulates liver, heart, lungs, muscles, sensory nerves & immune system, increases metabolism, resolves scars, benefits bones and skin diseases, reduces chronic constipation, hemorrhoids, speeds circulation
ORANGE	Builds and stimulates lungs, thyroid, bones. Decongestant (Lemon also). Color of joy and happiness. Balance endocrine (w/blue). Warms urinary, GYN, intestines, sexual organs, cold feet, helps poor assimilation of nutrients, fatigue, relieves depression. Good for tissue hardening (sclerosis). Alternate orange with blue for fear
YELLOW	Stimulates nervous, lymphatic & intestinal systems and enhances intellect. Improves digestion, liver/GB imbalances
GREEN	"Great Balancer/Healer" of body and brain, stimulates pituitary, benefits liver, lungs, eyes, diabetes, cysts, tumors, allergies, joint pain (alternate green and blue). Benefits diabetes and all chronic illnesses. Disinfectant, builds muscles/tissues.
BLUE	Cooling, relaxing effect, promotes inner peace. Major anti-inflammatory effect, burns, fever, Excess conditions, anti-bacterial. Relieves pain, nervousness, insomnia (Purple also). / Pituitary, thyroid and general endocrine gland benefits, sexual dysfunction (balance with orange).
INDIGO	Respiratory, thyroid, mammary depressant, contracts tissue, reduces abscesses, discharges and bleeding. Promotes phagocytic activity & parathyroid. Lessens over-excitement
VIOLET	Most spiritual color, affects subconscious and superconscious, beneficial for meditation. Builds spleen, reduces activity of muscles, heart, lymphatic, pancreas, nervous system. Promotes leukocytes. Benefits menopause, reduce stress, anti-viral.

MAGENTA <i>Red and Violet</i>	Emotional balancer and spiritual bridge, benefits kidneys and adrenals, warms and nourishes the uterus
SCARLET <i>Red and Blue</i>	Functional stimulant, benefits kidneys/adrenals, romantic and sexual arousal, increases Yang energy in the areas it is applied to
PURPLE <i>Red and Blue</i>	Functional depressant. Opposite of Scarlet. Lowers blood pressure, relieves acute pain, slows heart rate
TURQUOISE <i>Green and Blue</i>	Connects to soul, brings psychological issues to surface. Benefits skin, immune system, lungs/large intestine, thymus, relaxation
LEMON <i>Green and Yellow</i>	Same effects as yellow, but gentler and more balanced. Promotes intellect, and detoxification of kidneys, liver and gall bladder. Reduces nerve inflammation, menopause symptoms and may help paralysis. Affects solar plexus and blood.