

From theory to practice of complementary color therapy  
with polynosological pathology  
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Color therapy has been known since ancient times. Currently, it is gaining increasing popularity among the types of non-drug treatment. Color is used as a key to assessing the patient's condition, uncovering the underlying causes of diseases, and implementing treatment in practice.

Color zone therapy includes two types of treatment: reflex zone therapy (abbreviated as zone therapy) and color therapy. The combination of these two methods expands the possibilities for obtaining more successful results. Zone therapy is a unique technique developed in strict accordance with medical principles on a scientific basis, and does not contradict traditional medicine. Reflex zone therapy is based on the medical method of influencing certain active points on the feet, palms of the hands and face. In this case, there is a beneficial effect on the entire body through the endocrine glands and organs [1].

#### How this combination of methods works

All three "bodies" of the human system - physical, mental and emotional - are permeated with an electromagnetic field, in which invisible electric currents pass through ten zones, making one line with fingers and toes (five zones on each side of the body). These zones cover all organs, endocrine glands and the nervous system.

In diseases, the flow of electromagnetic radiation in the body is disturbed, which leads to characteristic zonal manifestations.

#### 10 energy zones

Zone 1. It starts from the tip of the thumb on the hand and goes straight up to the top of the head and down through the nostrils to the big toe on the left and right. The first zone includes most of the stomach, uterus, bladder, vagina, or prostate.

Zone 2. It starts from the index finger, goes to the head and goes down to the second toe on the left and right.

Zone 3. It starts from the middle finger on the hand and goes up to the head and then down to the middle toe on the foot. The third zone includes the appendix located on the right side, left and right.

Zone 4. It starts from the ring finger on the hand and goes up to the head and then down to the ring toe.

Zone 5. It starts from the little finger on the hand, goes up to the head, and then down to the little finger on the left and right.

#### Other organs and endocrine glands

The first, second and third zones on the left side of the body involve the heart and pancreas.

Eyes, ears, maxillary and frontal sinuses, bronchioles and lungs are located

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in the second and third zones, as well as the liver (on the right side of the body). The kidneys are found in the third and fourth zones, on each side.

Purpose of the study: systemic analysis of the effectiveness of color-zone therapy in the early recovery period in patients with polynosological pathology using the medical equipment of the IMEDIS Center.

Objects of observation: patients with multiple organ pathology (78 people, aged 50 to 65 years) who have suffered acute myocardial infarction (AMI) and stroke against the background of coronary artery disease with progressive angina pectoris, hypertension, discirculatory encephalopathy of mixed genesis, FNC II, III; HI, I-II Art. at the stage of the early recovery period in the conditions of the specialized cardiological and neurological departments of the OJSC sanatorium "Metallurg" (Izhevsk).

In the initial state, when tested by the ART method, all convalescents showed an indication of the use of the following colors of the visible spectrum - red, blue, orange, yellow and induction stress programs II, III (No. 9, 10), depression II, III (No. 13, 14) clearing the mind (no. 21).

When comparing the results of ART and protocols of points on the "neurasthenia line" in 33 patients (42.3%) confirmed the presence of multiple organ pathology with a predominant interest in the LIVER SYSTEMS. GALL BLADDER and stomach, pancreas, spleen with the conjugation of these systems with nosological forms such as HYPERTONIC DISEASE. MYOCARDIAL INFARCTION, BRONCHIAL ASTHMA. POLYVALENT ALLERGY, DIABETES MELLITUS,

OSTEOCHONDROSIS. ARTHRITES. The interest of more than three systems was noted in 32 (41.0%) patients, which was also manifested by the interest of the genitourinary system in the form of the following nosologies: prostatitis, impotence. frigidity, climacteric disorders, constipation. It should be emphasized in all examined the presence, to one degree or another, of severity psychosomatic disorders in the form of clinical manifestations from insomnia, chronic fatigue to depression. When choosing a color, yellow and orange turned out to be dominant for the treatment of polynosological pathology. which greatly simplified the color zone therapy. It is these colors, according to the literature, that have the fundamental qualities for the correction of emotions, soul and body in the elderly.

The patients learned with pleasure the technique of self-massage of the feet, combining it with the technique of color imaging under the guidance of a psychologist and exercise therapy instructor. The implementation of the method of color visualization and foot massage was carried out against the background of the inclusion of the corresponding mandalas from the hardware and software "IMEDIS-EXPERT". Course sessions of color-zone therapy were combined with appropriate induction therapy (for a course of 10-12 sessions, daily), the average course of treatment was 20-25 days.

#### Methodology for using zone therapy in combination with color therapy for each specific disease

Treatment includes the following three stages:

1. Attunement to the healing color.

2. Repetition of the "positive attitude".
3. Pressure on active points (Fig. 1).

The general principle is to work with specific points for the disease, and then move on to general use of points for all endocrine glands and all organs. You can act on each of these points for 10 s, working systematically in a circle around all the points according to the nosology

If there are symptoms of several diseases, pain may occur when the points are applied. It is necessary to act on all areas indicated for the disease, trying to reduce the soreness of the areas; engage with each foot for at least 5 minutes.



Rice. one. Localization of active points on the feet

If necessary, to enhance the impact, you can press on the points with a fist or the handle of a toothbrush. Other treatments, such as rolling the foot over a golf ball, can also be very effective.

Relief will come when all stagnant phenomena disappear after

a series of treatment sessions.

It should be emphasized that calluses and bunion bursitis block nerve conduction, causing pain in the back and neck. Therefore, it is necessary to treat corns, then the effect of zone therapy will be more significant. However, after removing the corns, you must be careful with the places of their localization.

After the end of the procedure, you should drink a glass of clean water to help detoxify the body.

It is best to carry out the treatment twice a day, for 10 minutes. (5 minutes on each leg) morning and evening. If you are not immediately able to find the area you want, try working on the areas adjacent to this area.

For some conditions, instead of treating the feet, it is recommended to treat a part of the hand or tongue (for example, asthma or menstrual irregularities).

After a course of treatment, if you show patience and determination, your well-being will improve. You cannot overdo it in working with each zone. If there are no results, do not despair, you need to wait and try again later.

We present private methods of color-zone therapy

1. Negative psychological and emotional attitude, from which need to get rid with disorders of the nervous system: My nerves fail. I am tormented by fear.

Positive displacement attitude - imagine yellow and repeat: I am filled with love and light. I look forward to the arrival of each new day.

All patients suffering from disorders of the nervous system, including phobias, are characterized by the desire for peace and quiet, harmony and happiness. It is possible to overcome nervous conditions, but treatment should be started decisively, with faith and determination.

First of all, breathing exercises are recommended. Lying on your back, you should stretch your body and relax, placing both hands on your stomach, but not pressing on it. Inhale, hold your breath for 4 seconds and exhale. Do this exercise as often as possible throughout the week. Then it is necessary to extend the time of inhalation, holding the breath and exhaling. Add 1 s every week until you can bring this time to 10 s. Breathe only through the nose!

During breathing exercises, one envisions a healing color (yellow). After a while, you may feel calmer and more peaceful.

Treatment of nervous disorders requires a lot of courage, desire and will from patients, but you can overcome this condition if you really want to. It is very important to replace the negative attitude with a positive one.

Nervous disorders should be treated by acting on the thyroid and pituitary gland. They start with working out the points of the nervous system, thymus, adrenal glands, pancreas and ovaries or prostate (Fig. one). Massage the active points until their pain sensitivity disappears.

2. Negative psychological and emotional attitude, from which need to get rid with stress and tension: Haste is stressing my life. I do not know how to discharge. I lack self-discipline.

Positive Displacement Attitude - Imagine blue and repeat: I can relax, because I am sure that I will have time to do everything. Tomorrow is a beautiful new day.

Begin by massaging the points with the thyroid gland and the nervous system (Fig. 1). Then they move on to the points of the pituitary gland, thymus and adrenal glands, pancreas and spleen. At the end of the session, pressure is applied to points associated with the liver, kidneys, ovaries or prostate.

3. Negative psychological and emotional attitude, from which need to get rid with chronic fatigue: I am afraid of old age and disease. I am afraid to be helpless.

Positive substitution setting when exposed orange: Each age has its own benefits. My age cannot be a hindrance to happiness. I enjoy every moment.

Every gland and organ weakens with age, so older people need to exercise daily.

Each session begins with the pituitary gland, then moves on to the thyroid gland (Fig. 1). After that, they act on the adrenal glands and the thymus gland; the above areas are of utmost importance. Then they go to the points of the liver, kidneys, heart and spleen. Men should work on the prostate, women on the bladder. Regular work with these areas will change the quality of life.

#### 4. Recovery of the emotional state

The session of color-zone therapy proposed below is recommended to be used in case of strong experience, bereavement or shock, which can happen to everyone with the loss of a loved one, divorce or breakdown in relations.

Negative psychological and emotional attitudes that need to get rid of with the loss of a loved one: I am afraid of loneliness.

Positive substitution setting when exposed orange: I come to terms with the circumstances, as they cannot be changed. I succumb to the law of Divine will.

Begin with a massage of the thyroid and parathyroid glands (Fig. 1). Then they move on to the areas of the pituitary gland, nervous system, thymus and adrenal glands.

5. Negative psychological and emotional attitude, from which should get rid with insomnia: You need to be on the lookout not to miss something. Trust no one. Everything in life is unfair.

Positive Displacement Attitude - Imagine indigo and repeat: I can safely put all the troubles out of my head. I am handsome and confident.

The focus should be on the thyroid gland and pituitary gland (Fig.

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one). It is necessary to deeply work out these active points to eliminate their sensitivity. Then they move on to the rest of the glands: the thymus gland and the adrenal glands.

6. Negative psychological and emotional attitude, from which need to get rid with alcoholism: I'm doing terribly. Life always fails me. There is nothing good about me. I want to forget. Nobody loves Me.

A positive attitude that should be repeated constantly when introducing indigo: I am the master of my own destiny. I can build for myself a wonderful world of love and harmony. I love myself.

The most important glands and organs for treatment are the liver and kidneys, gallbladder and spleen, adrenal and thymus glands, thyroid glands, pituitary gland, and brain (Fig. 1). Then they move on to the zones of the liver, kidneys, spleen, pancreas and gallbladder.

7. Negative psychological and emotional attitude, from which need to get rid with depression: Life has pinned me to the wall, I need to catch my breath. I have a lot of grief. I do not want anything. Life is monotonous, boring and colorless.

Positive Displacement Attitude - Imagine yellow and repeat: The joy of being seethes in me. Everything seems bright and beautiful to me. I want to move in the rhythm of life.

Depression affects the entire endocrine gland system. Work on points associated with the pituitary gland, thyroid and thymus glands, adrenal glands, nervous system, pancreas, spleen, liver and kidneys.

8. Negative psychological and emotional attitude, from which need to get rid with anger: Liver - repository of anger. She absorbs and takes over all our troubles.

Positive Displacement Attitude - Imagine green color and repeat: I am ready to meet with joy everything that is sent to me by fate. I believe that I will be lucky in life.

Start with a massage of the kidney zones; then go to the zones of the liver and gallbladder, then the adrenal glands, pancreas and thymus, pituitary gland, thyroid gland, ovaries or prostate and bladder (Fig. 1). You should work vigorously with these areas until the soreness of these areas completely disappears.

9. Negative psychological and emotional attitude, from which need to get rid with constipation: I don't want to move. I have to stand my ground.

Positive Displacement Attitude - Imagine yellow and repeat: I can get rid of everything that doesn't suit me. I have new ideas. I believe in miracles

They begin to work out all points for the intestines, ileocecal valve, then kidneys, bladder and prostate, gallbladder, thyroid gland,

pituitary and adrenal glands (Fig. 1). With the help of a dessert spoon, you should forcefully act on all the active points of the tongue twice a day.

10. Negative psychological and emotional attitude, from which need to get rid with heart disease: I suffer from emotional hunger. I have grief- love left me.

Positive Substitution Attitude - Imagine myself green color and repeat: The greatest love of mine - to that man or woman who lives in me. I salute and bless this union.

It is necessary to work out the zones of the main glands and organs in the upper body (in the chest area) (Fig. 1). Then they go to the points of the thymus gland, adrenal glands, pancreas, liver and kidneys. The latter massage the points of the heart area with the help of the thumb and other fingers or the handle of a toothbrush.

11. Negative psychological and emotional attitude, from which need to get rid with angina pectoris: Don't push yourself. Tired heart- Beginning of the End.

Positive Displacement Attitude - Imagine green color and repeat: I have enough time for everything. Now I can handle the flow of life.

Begin with a massage of the zones of the heart and lungs, nervous system, adrenal glands, thymus and thyroid glands, as well as the pituitary gland (Fig. 1). Then you can massage the points on your hands.

12. Negative psychological and emotional attitude, from which need to get rid with hypercholesterolemia: Enthusiasm has left me, I feel completely disappointed. I'm afraid to do anything. I won't get anything good.

Positive Displacement Attitude - Imagine yellow and repeat: All doors are wide open for me. It was my turn. I go forward with hope and joy.

They start with a massage of the points of the heart, then massage the zones of the thyroid gland and pituitary gland (Fig. 1), which is very important for stimulating the whole organism. Then they move on to the zones of the liver, kidneys, spleen, pancreas and gallbladder.

13. With high blood pressure imagine blue Colour and repeat: Now is the time to show your energy and strength.

With low blood pressure imagine Red color and repeat: I love myself the way I am. I'm confident in myself.

Begin with a massage of active points associated with the liver, kidneys, thyroid gland, adrenal glands, pituitary gland, thymus gland (Fig. 1). Pay special attention to the nervous system.

14. Negative psychological and emotional attitude, from which need to get rid in case of circulatory disorders:

There is not enough joy in my life. Nothing ever happens to me

special. I have nowhere to go. I am not invited anywhere.

Positive Displacement Attitude - Imagine yellow and repeat:

I merge with the movement of my blood. The whole world- my house.

To improve blood circulation, it is necessary to work points of the liver, kidneys, adrenal glands, pancreas, spleen, thyroid gland, pituitary gland, prostate or ovaries, bladder and intestines (Fig. 1). The upper joints of each toe are massaged to stimulate blood circulation in all of the above areas. Use a soft wire brush to stroke the back of your hands and up your legs, starting at the tips of your toes. Do this for a few minutes in the morning and evening. The direction of movement is always from bottom to top. The auricles are massaged daily for several minutes, grasping them with the thumb and the rest of the fingers, which has a beneficial effect on the state of the nervous system.

15. Negative psychological and emotional attitude, from which need to get rid with a stroke: They don't reckon with me. I'm afraid to die. I am scared to be a burden to those close to me.

Positive Displacement Attitude - Imagine yellow and repeat: I trust the life process. I will always get the help I need. I am on an endless journey through eternity.

Begin by massaging the pituitary gland and massaging all the active points on the big toe, the upper part of which is connected to the brain (Fig. 1). Then they move down, including the sides and the back of the finger. They concentrate more on the finger, which is located on the opposite side of the body in relation to the affected side.

16. Negative psychological and emotional attitude, from which need to get rid of when kidney disease: Life difficulties and disappointments finished me off.

Positive Displacement Attitude - Imagine Orange color and repeat: I'm not afraid to make mistakes. With their help, I gain wisdom. They are- my main chance for success.

It starts with a massage of the kidneys, bladder, prostate or ovaries, then moves on to the spleen, liver and adrenal glands (Fig. 1). Then they switch to the thymus and thyroid glands, the pituitary gland to restore balance in the body and return the kidneys to a normal state.

17. Negative psychological and emotional attitude, from which need to get rid with prostate disease: I don't feel like a real man. Become scared of the coming old age.

Positive Displacement Attitude - Imagine yellow or indigo and repeat: I feel young and healthy. Cosmic energy acts at all levels. I enter this period of my life in complete harmony with myself. Let the sunshine enter my soul.

Areas of points indicated for the prostate are worked out (Fig. 1). Then they move on to the zones of the bladder and kidneys.



18. Negative psychological and emotional attitude, from which need to get rid with impotence: Love is rare. You cannot believe in consistency. I do not hear the sensual call of nature.

Positive Displacement Attitude - Imagine Orange color and repeat: I am ready to bring joy and happiness to the world. I am free for love.

The entire endocrine system should be worked out, starting with the pituitary gland (Fig. one). Then they move on to the thyroid gland, nervous system, thymus gland, adrenal glands and prostate. It is advisable to remove pain sensitivity from all these points.

19. Negative psychological and emotional attitude, from which need to get rid at menopause: There is no strength to fight the running of time. Nature has forgotten about me. Nobody needs me anymore. It became difficult for me to restrain verbosity.

Positive Substitution Attitude - Imagine orange and repeat: I trust the life process. I part with the old without regret and welcome the new. I thank the Universe for its wisdom, I am happy to take my place in the wonderful process of eternal renewal.

The zones of the pituitary gland, thyroid gland, adrenal glands, pancreas and ovaries are worked out, removing all soreness from these places (Fig. one). Then they affect the liver, kidneys, heart and spleen.

20. Negative psychological and emotional attitude, from which need to get rid at high tides: Intense rage smothers me. I'm afraid of getting old. Nature has left me.

Positive Displacement Attitude - Imagine indigo and repeat: There is no need for me to criticize my body. I love and accept myself for who I am.

The most important thing is to activate the pituitary gland, then the thyroid gland, adrenal glands and the nervous system (Fig. 1).

21. Negative psychological and emotional attitude, from which need to get rid with frigidity: It's time to pay back for past grievances. I was always afraid of pleasure and felt guilty about having sexual desires.

Positive Displacement Attitude - Imagine Red color and repeat:

My body is filled with delight. I enjoy my sexuality. I revel in the wonderful gift of union through touch.

It is necessary to work with the entire endocrine system, pituitary gland, parathyroid and thyroid glands, as well as the nervous system, thymus gland, adrenal glands, pancreas and ovaries (Fig. 1). Then they move on to the active points associated with the liver, kidneys and spleen.

22. Negative psychological and emotional attitude, from which need to get rid with obesity: It is more pleasant for me to be unnoticed. I do not

able to find his true self. I do not want to achieve anything in life. I am not interested in sexual relations.

Positive Displacement Attitude - Imagine yellow and repeat:

I rejoice in the sun and the light. I am freed from the need to be a bondage slave. I am ready to switch to the new and exciting experience that life has in store for me.

All the active points indicated in Fig. 1. This will keep you in great shape.

23. Negative psychological and emotional attitude, from which need to get rid with diabetes mellitus: Life is not a joy for me. I cannot control events. I am passive and ready to agree with everything.

Positive Replacement Attitude - Imagine yellow and repeat: Now I gain strength and feel the sweetness of life. My requirements are always met.

Massage points of the pancreas (Fig. 1), but observe caution. Then they move on to the areas of the pituitary gland, thyroid gland, kidneys, adrenal glands, and also ears.

Apply pressure to all the upper joints of the toes. Then, with the help of your thumb and forefinger, massage the auricles, working out all sensitive areas. The handle of a tablespoon should apply pressure to all the active points of the tongue, especially on the lateral surfaces.

24. Negative psychological and emotional attitude, from which need to get rid with arthritis: I cannot agree with the order imposed on me. Why do I endure resentment and injustice since childhood?

Positive Displacement Attitude - Imagine Orange color and repeat: I am ready not to reproach anyone and forgive the past. Now I am happy and content with life.

Massage begins with the points of the kidneys and the thyroid gland, then the points of the liver, gallbladder, adrenal glands, spleen, ileocecal valve, pituitary gland are massaged.

25. Negative psychological and emotional attitude, from which need to get rid with gout: I am guilty and must be punished. I cannot escape persecution.

Positive Displacement Attitude - Imagine green color and repeat: I deserve to be a free person. My body vibrates in anticipation.

Massage begins with the points of the liver and kidneys (Fig. 1). Then they move on to the prostate, adrenal glands, pancreas, spleen, thymus and pituitary gland.

Eliminate from your diet: uric acid (red meat), lactic acid (whole milk and dairy products), and citric acid (all citrus fruits).

Eat as much greens as possible as they neutralize acidity. In addition, green vegetables and fruits are excellent

tonic that cleanses the body. Avoid drinking alcohol!

26. Negative psychological and emotional attitude, from which need to get rid with varicose veins: I am threatened with circulatory failure. I cannot stay on my feet for long.

Positive Substitution Attitude - Imagine indigo and repeat: I can move freely. My heart works great.

The massage is started from the zone of the liver points, then the points of the kidneys and spleen are worked out (Fig. 1). After that, they move on to the adrenal glands, pancreas and the thyroid glands, then the pituitary gland.

Effective indicators, (adaptation reserves, biological indices - central regulation (ANS, immune and endocrine systems). The systematic analysis of the results of the effectiveness of color-zone therapy was according to the criteria of sensitivity - 92.8% and specificity - 96.6%, which indicates a high degree of reliability of the method used.

#### Conclusion

The method of complementary color-zone therapy has a sufficient therapeutic effect to correct the functional status of patients with multiple organ pathology. It has a number of advantages in simplicity, accessibility and the possibility of active participation of the patient himself, the absence of side effects in patients of the age category with polynosological pathology.

#### Literature

1. Corvo D., Werner-Bonds L. The healing power of color-zone therapy. - 1998.

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